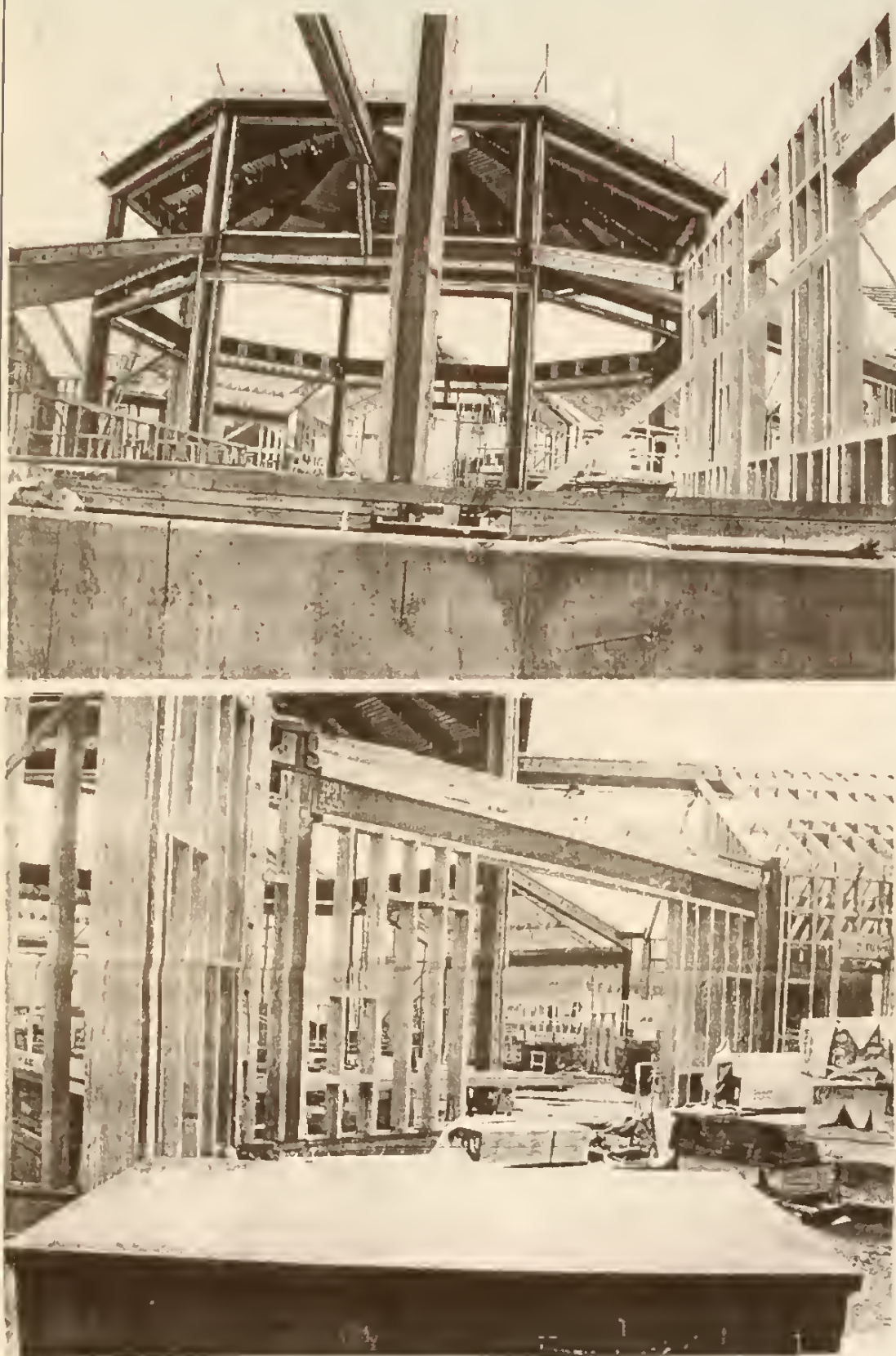


New Visitacion Valley Library Starts to Take Shape



Construction continued on the new Visitacion Valley Branch library on the southwest corner of Leland Avenue and Rutland Street as several walls were framed. When completed, the building will stand proudly in the center of the Valley.

Ten Year Capital Plan Will Create New Jobs in San Francisco

Mayor Newsom and Board of Supervisors President David Chiu on April 7 introduced the City's FY 2011-2020 Capital Plan at the Board of Supervisors on Tuesday to improve the City's economy and infrastructure. The Plan recommends \$26.9 billion in total capital investments ranging from road resurfacing to the rebuild of San Francisco General Hospital to maintenance, repairs and seismic retrofits of our schools, parks, and public safety buildings. The investment is expected to create an average of 19,000 new construction-related jobs in San Francisco per year.

"The Ten-Year Capital Plan addresses basic needs for our streets, parks, schools and libraries as well as critical public health and safety projects," said Mayor Newsom. "It provides us with an objective and realistic roadmap to create local jobs and prioritize improvements to our infrastructure."

Recommended improvements include \$17.8 billion to rebuild and repair the City's streets, transportation system, parks, libraries, emergency response network, sewer and water system. The Plan also includes \$9 billion for schools

and other redevelopment and transportation projects such as the Transbay Terminal and at Bayview Hunters Point.

By identifying and prioritizing capital needs across the City, the Plan positions the City to:

- *Receive federal stimulus funding from the American Recovery and Reinvestment Act (the City received \$175 million in stimulus funds for capital projects in 2009);
- *Assure credit rating agencies and contribute to the City's high bond rating through "strong policies directing capital spending, debt, and comprehensive budget planning and reporting" (S&P Rating Report); and
- *Coordinate upcoming General Obligation bonds and time them so that they do not raise the property tax rate.

"The longer we defer these repairs and improvements, the more imminent and costly these become. This plan is an important tool in guiding the City and prioritizing short and long term needs. More importantly, it places a strong emphasis on capital needs that affect public safety and services," said Ed Lee, City Administrator.

To meet these critical public

safety needs, the Plan recommends the following:

- *\$412.3 million Earthquake Safety and Emergency Response G.O. Bond for the June 2010 ballot. The bond addresses core infrastructure that first responders rely on in the event of a major disaster including: repairs to the high pressure hydrant system dedicated to fire fighting; repairs to Fire Stations to ensure operability during an earthquake; and the relocation of Southern District Station and the Police headquarters from the seismically deficient Hall of Justice.
- *\$1.4 billion in additional Earthquake and Public Safety Improvements. The Plan prioritizes several other major improvements to City facilities, including the replacement of the 800-bed county jails that occupy the top two floors of the Hall of Justice, the co-location of the Police Crime Lab and Office of the Chief Medical Examiner into a shared laboratory, and a seismic retrofit of the historic Veteran's Building. These are in addition to work already underway to rebuild the acute care wing at San Francisco General Hospital.

Commercial District Grant Award for Valley Business Improvement Group

Mayor Gavin Newsom on April 20 announced that the San Francisco Office of Economic and Workforce Development (OEWD) has awarded a total of \$520,464 dollars through the Commercial District Capital Grant Program to support the City's commercial corridors and local business districts.

Included in the list of grant recipients is an award of \$3,000 to the Visitacion Valley Business Improvement Group for Wayfinding Signage to the Leland Avenue Commercial Corridor.

San Francisco's Office of Economic and Workforce Development (OEWD) is providing one-time funding for strategic capital projects in targeted neighborhoods to help stimulate the local economy. Projects were selected through a competitive process requiring the demonstration of a short-term time frame but long-lasting positive impact within the neighborhood.

The catalytic role of the arts in community development, and its contributions toward creating vibrant communities in a neighborhood commercial district is an example of a qualifying project. Some examples of potential uses

of the program funding include façade projects, tenant improvements, commercial outdoor enhancements and amenities.

Other grant award recipients include: Lower Polk Neighbors, North of Panhandle Neighborhood Association, Taraval Parkside Merchants Association, Ocean Avenue Revitalization Collaborative, Excelsior Action Group, Castro/Upper Market Community Benefit District, Portola Neighborhood Steering Committee, Chinatown Community Development Center, North of Market Neighborhood Improvement Corporation, Tenderloin Housing Clinic, Fisherman's Wharf Community Benefit District, and the Noe Valley Association Community Benefit District.

"San Francisco owes much of its global appeal to the unique character of its neighborhood commercial districts," said Mayor Newsom. "Small businesses in these commercial corridors are the lifeblood of our local economy. These grants for strategic capital projects in targeted neighborhoods will help stimulate the local economy and help ensure that these corridors weather these tough economic times."

City's Tree Census Using Public Input To Improve Pest and Disease Control

Can you save a tree by logging it? Yes, if you "log" it into the Urban Forest Map (www.urbanforestmap.org), a new online tool developed by the California Department of Forestry and Fire Protection (Cal Fire), in cooperation with Friends of the Urban Forest (FUF) and the City of San Francisco, to catalogue the city's leafy assets.

"You can add the trees around your home, office, school, or local caté to the Urban Forest Map, or you can use it to learn more about the trees in your neighborhood," said Amber Bieg, manager of the project. "It's like a census for trees."

Anyone with a web browser, whether on a mobile device, laptop or desktop computer, can add information about specific trees to the Urban Forest Map, such as their location, species, size, and health.

That data can then be used by urban foresters and city planners to better manage trees in specific areas, track and combat tree pests and diseases, and plan future tree plantings.

Climatologists can use it to better understand the effects of urban forests on climates, and students can use it to learn about the role trees play in the urban ecosystem.

"Trees help keep our environment healthy by cleaning the air and reducing stormwater runoff," said Mayor Newsom. "The Urban Forest Map will make it easier for the city to maintain trees by engaging our tech savvy citizens to enhance the beauty of San Francisco for all who live, work and visit here."

Because the Urban Forest Map is built with open-source software, and leverages the growing power of geographic information systems (commonly known as GIS tools), it will likely have uses beyond those currently envisioned.

Technologists can "layer" the tree data with other kinds of geographic data to illuminate or reveal aspects of an area or region that might otherwise be overlooked.

San Francisco is the first city to use the Urban Forest Map; others are expected to follow. "Million Tree" campaigns are taking off around the nation, and this tool enables the on-the-ground community information sharing vital to the success of such campaigns.

Earlier this year, Mayor Newsom announced the nation's first open source software policy for city government, and in 2009 Newsom issued an Open Data Executive Directive requiring City departments to

make all non confidential datasets under their authority available on DataSF.org, the city's one stop web site for government data.

The initial phase of DataSF includes more than 150 datasets, from a range of city departments, including Police, Public Works, and the Municipal Transportation Agency.

More than 30 software applications have already been created from the City's data and are featured in the DataSF App Showcase (<http://datasf.org/showcase/>).

This includes San Francisco Crimespotting, an interactive crime map, EcoFinder, an iPhone app that helps residents recycle, and Routesy, an app that helps people find their way around the Bay Area's transit systems.

The Open Source and Open Data policy are part of a larger Open Gov Initiative for the City and County of San Francisco to engage constituents, focused on open data, open participation and open source.

The Urban Forest Map project team will demonstrate the new tree software tool for the media on Wednesday, April 21 at 10:00 a.m. in Redwood Park at the base of the Transamerica Building, 600 Montgomery Street in San Francisco.

To underscore the user-friendly nature of the Urban Forest Map, it will be demonstrated by Benton Liang, 11, a fifth-grade student at John Yehall Chin Elementary School, using an Apple iPad.

About Cal Fire

The men and women of the California Department of Forestry and Fire Protection (CAL FIRE) are dedicated to the fire protection and stewardship of over 31 million acres of California's privately-owned wildlands.

In addition, the Department provides varied emergency services in 36 of the State's 58 counties via contracts with local governments. CAL FIRE foresters can be found in urban areas working to increase the number of trees planted in our cities, or preventing the spread of disease by identifying and removing infected trees.

About Friends of the Urban Forest

Friends of the Urban Forest (FUF) is a non-profit organization committed to the belief that trees are a critical element of a livable urban environment. Since 1981, FUF has offered financial, technical, and practical assistance to individuals and neighborhood groups who want to plant and care for trees.

Grapevine Mailbox

S.F. Police Urge Safety Awareness

While on Muni vehicles and at Muni bus stops and platforms, citizens are urged to be vigilant about their surroundings and to note any suspicious activity. While on Muni buses, be wary of persons standing especially close or jostling, which may indicate a possible pickpocket or robbery attempt. While waiting for a bus, try to be at a location where there are other persons waiting with you. If you are the only person waiting, go to another stop where there are others waiting.

Calling Attention to Elder Abuse Prevention Month

Thousands of Senior Abuse Cases Unreported

by Assemblywoman Fiona Ma

Each year, it is estimated that three to five million older Americans are victims of abuse and it is estimated that for every reported case of abuse, there are another four cases of elder abuse that go unreported.

In an effort raise awareness of elder abuse, the American Association of Retired Persons (AARP), the Congress of California Seniors, state governments and the federal government have designated May as Elder Abuse Prevention Awareness Month.

Elder abuse can be physical domestic violence, psychological abuse, sexual abuse, financial abuse and even neglect. The personal losses associated with elder abuse can be devastating and include the loss of independence, homes, life savings, health, dignity, and security. Victims of adult abuse come from all income levels, races and ethnic backgrounds. A 2006 study by the National Center on Elder Abuse found that each year 500,000 older Americans were victims of elder abuse of essential health or personal needs. This study found that in 90 percent of elder abuse cases, the perpetrator is a family member, with the largest group of offenders being adult children of the victim.

Fraud is also major concern for seniors today, especially telemarketing fraud. Telemarketing fraud is a \$40 billion a year illegal industry, with seniors being the most frequent victims. But, there are a few steps one can take to avoid telemarketing schemes.

*First and foremost, do not be afraid of think you are being rude – it's okay to hang up the phone

*Do not accept a collect call from someone you do not know.

*Ignore the high-pressure sale. The law states a telemarketer must give you time to make up your mind. If they do not give you time, it is probably a fraud.

*Be suspicious of bulk rate mail stating you have won a prize.

*Do not give any unsolicited callers your bank or credit card number, social security number, address, or Medicare number. They can use this information to withdraw money from your account without your permission.

*Do not agree to buy anything or subscribe to any service without talking it over with someone you know and trust.

To report suspicious telemarketing calls, junk mail solicitations or advertisements, call the office of the California Attorney General at (800) 952-5225.

For more information or assis-

Be especially careful when using electronic devices on transit vehicles. Opportunist criminals know that a person talking on a cell phone, listening to an iPod, or texting, is distracted and thus an easy target. Try to avoid using any electronic device while seated or standing near the rear exit of a transit vehicle, since this door provides a quick exit for grab-and-run suspects.

If it is essential for you to use an electronic device on the street, be aware that you may be a target for theft. Opportunist criminals, sometimes operating in groups, look for people using these devices and often will approach a victim from behind, knowing that the person talking on a cell phone, texting, or using an iPod is distracted. Some

of these criminals are armed with a handgun. Do not be so preoccupied that you become unaware of your surroundings and not notice a person or persons nearby acting suspiciously.

Immediately report any robbery by calling 9-1-1.

Thanks to Media

Thanks to the media for informing readers and residents of my interest to serve as a candidate for Supervisor in District 10.

The support has been so heartwarming that I have officially filed my intention at the Elections Office on April 8th, 2010.

I appreciate your continuous support.
Marlene Tran

tance call: Elder Abuse Hotline (800) 722-0432, California Department of Aging (916) 419-7500

Legislation on Elder Abuse

Over the past few years, legislation at both the State and federal level has been introduced to address the issue of elder abuse. For example, in 2007, I supported a new law to require those working in financial institutions to report any suspicious activity in the accounts of their senior customers. And this legislative session, legislation has been introduced that would expand the definition of what would include elder abuse.

At the federal level, recent efforts have been made to develop the first comprehensive federal legislation to address elder abuse and crimes against the elderly. If the legislation

What's Happening

Summer is approaching fast. Are you wondering where to go or what to do with your kids? Check out the family pass at your local library in San Francisco.

Visit San Francisco attractions for free with the Check out San Francisco family pass, available to library cardholders who are San Francisco residents with children 18 years old or younger. Each pass provides one-time free admission to one participating city museum or attraction for a family of up to two adults plus up to four children. The pass may be checked out at any San Francisco Public Library location and is valid for one week.

The names of the attractions participating in the Check out San Francisco family pass program are listed in the Library's online catalog and are on display at each library. Passes cannot be reserved but are available on a first come, first served basis at the library's circulation desk.

Each library is able to offer one pass to each participating attraction each week. At checkout, the cardholder receives a paper receipt (pass) indicating the name of the attraction and the expiration date of the pass, which is one week from checkout.

The cardholder will also be given a Check out San Francisco guide including the hours and contact information of the attractions. The paper receipt (pass) will be collected at the attraction.

What's happening at the San Francisco Public Libraries?

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becomes law it would establish dual Offices of Elder Justice at the U.S. Departments of Justice and Health and Human Services to coordinate disparate federal, state and local elder abuse prevention efforts. The legislation would also provide for public policy experts to study, detect, treat, prosecute and most importantly, prevent elder abuse.

Adults who are vulnerable to mistreatment are frequently isolated and less likely to have their plight discovered by an interested outsider. You can help change that. If you have cause to believe that the physical or mental health of an elderly or disabled person has been adversely affected by abuse or neglect, you may report this to the appropriate authorities.

at the San Francisco Public Libraries?

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Film on Tsunami Sparks Wave of Interest

A new documentary tells the story of the tsunami of 2004 and its aftermath from the perspective of those who lived through it.

The documentary film tries to capture what happens after the media and public attention moves on to the next big headline, while the critical work of healing and recovery have only just begun.

In December 2004, an undersea earthquake produced a series of waves unlike any ever recorded. Reaching heights of 100 feet and traveling over 5,000 miles, "The Tsunami," as it came to be known, leveled coastal communities and killed more than 230,000 people. Ultimately, it was considered by some to be one of the deadliest natural disasters in human history.

The film- *Kepulihan: Stories from the Tsunami* - follows the lives of three survivors of the Indian Ocean tsunami of 2004. These individuals actively volunteered to tell their stories and participate in the making of the film. The film's title comes from an Indonesian word for healing and recovery.

As the film crew returned to Sumatra each year, the survivors being profiled were allowed to view footage from their previous interviews so that they could reflect on their experience and report on their lives since then.

Filmmakers were intent on allowing each survivor to participate in the creation of the documentary, letting it play a critical role in their personal recovery process.

The film attempts to draw a clear line between the immediacy of news coverage and attention in the aftermath of a disaster and how

Three Small Steps to Improve Wellbeing Of Our Students

by Senator Mark Leno

As I continue to work with my colleagues in Sacramento to find ways to protect California's education system against further budget cuts, I want to bring your attention to a few small steps we can take now to improve the wellbeing of students statewide. These bills will not solve our state's education crisis – a long-term undertaking – but I do believe they will improve the school experience for countless students.

In recent years school districts have been forced to dramatically reduce or eliminate access to school nurses due to budget constraints. Meanwhile, the health care needs of students have increased, forcing families to provide medical treatments themselves, keep their children home from school and change school districts when a nurse is unavailable.

I have introduced Senate Bill 1200 to ensure that our children have access to the medically necessary care they need during school hours. SB 1200 clarifies that it is the responsibility of a family's health plan or insurer to ensure timely access to care for school age children who suffer from diabetes, seizures, or other health conditions that require the frequent administration of medication. This legislation provides these students with the important care they need while keeping them in school.

Making sure students stay in school is the focus of my second

lected at the attraction.

Participating attractions are: Aquarium of the Bay, Asian Art Museum, Blue & Gold Bay Cruises, California Academy of Sciences, California Historical Society, Cartoon Art Museum, Conservatory of Flowers, Contemporary Jewish Art Museum, Exploratorium, Hass-Lilienthal House, Museum of Craft and Folk Art, Museum of the African Diaspora, Rocket Boats, San Francisco Museum of Modern Art, San Francisco Zoo, Walt Disney Museum, Wax Museum at Fisherman's Wharf, and Zeum.

people's lives are impacted for years after a life-altering event. The end result is the need for long-term disaster recovery assistance.

Filmmaker David Barnhart worked closely with partner groups, including The Presbyterian Disaster Assistance, relief workers and medical agencies, to establish a connection with the people being considered for the documentary.

NAPS

education bill, Senate Bill 1317. As Chair of the Senate Public Safety Committee, I held a hearing in February on the topic of "Why Truancy and Chronic School Absence Matters to Public Safety." Following that hearing I introduced SB 1317 to put greater responsibility on parents whose elementary school children become chronically truant. The bill emphasizes the importance of effective intervention strategies and empowers counties to utilize family services and court monitoring to make sure students get back into school before it is too late.

The benefits of combating chronic school absence are immeasurable. We know that students who stay in school double their chances of getting a good paying job later in life. In addition, research shows that elementary school children who are chronically absent are at high risk of becoming high school dropouts, which then increases a student's likelihood of becoming either a victim or perpetrator of crime. Clearly, improving our efforts to fight truancy is not only good for students, but also beneficial for our communities and public safety.

Finally, I have introduced a bill that makes it easier for students to make healthy decisions in the school cafeteria. As we all know, young people are constantly bombarded by advertisements and pressure from their peers to consume junk beverages that are high in calories and sugar. Yet many students do not have access to free, fresh drinking water at lunch time.

Senate Bill 1413, which is supported by Governor Arnold Schwarzenegger, requires schools across the state to make fresh drinking water available in cafeterias and food service areas. Under current law schools are only required to have one drinking fountain for every 150 people, and that water source can be located anywhere on school grounds. This is unacceptable given that studies show adequate water consumption by students improves cognitive function, boosts academic performance and fights obesity. SB 1413 is one small step in helping our students make healthy choices at school.

I hope you will join me in supporting these important measures that will improve the student experience by providing timely access to care, fighting truancy and encouraging young people to make good decisions for their health and wellbeing. For more information about these education bills, please visit our website, www.sen.ca.gov/Leno.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno

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E-mail:
info@abundantremnant.com

Come and Worship with us
each Sunday

12:30 p.m.

...from the desk of the VVBOOM newsroom

by Nick Wolff

Merchant Group Broadens Focus

With former Ingleside Police Captain David Lazar recently reassigned to the San Francisco Crime Lab due to a departmental shakeup just days prior, the evening of March 24th at Joe Leland Coffee Shop (28 Leland Ave.) was the first opportunity for business owners to meet the new district captain – Louis Cassanego.

Updated versions of the Leland Avenue Merchant Watch map and phone tree were distributed to participating small businesses and the group briefly discussed crime trends and safety on the street with Captain Cassanego. Yet, while organized crime prevention in downtown Visitation Valley was certainly on the agenda, this convening of the merchant watch group put Leland Avenue streetscape construction front and center.

With substantial construction occurring up and down the commercial corridor, small business owners embraced an opportunity to meet as a collective body with three key figures heading up the project, Alex Murillo (Public Affairs Officer, Department of Public Works), Kris Opbroek (Project Manager, Department of Public Works), and Tim Frey (Project Engineer, McGuire & Hester).

They began by presenting an overview of the project including some pretty stunning renderings of what the street will look like upon completion, including 65 new trees, state of the art storm water management facilities, corner bulb outs at intersections, street furniture and improved pedestrian lighting. Project representatives then began fielding specific questions from merchants whose storefront sidewalks were slated for construction.

The informative meeting wound down by discussing an approximate timeframe for completion. The streetscape project was identified by the project engineer as running slightly



ahead of schedule, which could (and I stress the word could) be completed late this summer. There were even rumblings of a big party at the conclusion of the construction, perhaps just in time for the

Leland Avenue Street Fair.

They offered up their contact information and encouraged business and property owners with questions or concerns to contact them (see below).

*Alex Murillo: 415/437.7009 (office); 415/627.8106 (mobile)
alex.m.murillo@sfdpw.org

*Tim Frey: 510/632.7676 (office) 510/715.0802 (mobile)
tfrey@mcguireandhester.com

*Kris Opbroek: 415/ 558.4045 (office) | Kris.Opbroek@sfdpw.org

Kids Pitch In to Beautify Businesses

When Leland Avenue business owners were approached by a dozen local youth with squeegees, buckets, towels and bottles of soap offering to help clean their storefronts on Thursday, April 1st, it wasn't an April Fools' Day joke. The offer was genuine, as VVBOOM teamed up with local youth development organization Real Options for City Kids (ROCK) and the Department of Public Works (DPW) to provide free window washing and help bridge the gap between local youth and business owners.

When it was all said and done, 13 Leland Avenue businesses had their storefront windows cleaned top to bottom by neighborhood school students from Visitation Valley Elementary and Middle School as well as Burton High School. The cleaning supplies were donated from DPW's Corridor Program and after the storefront windows were sparkling clean, kids were treated to a pizza party at Joe Leland Coffee Shop.

The community clean-up not only beautified 13 downtown Visitation Valley storefronts, it showcased the hard work of youth who take pride in their neighborhood to small business owners through a widely successful community partnership.



Leland on Leland

San Francisco Small Business Week in Visitation Valley is getting a welcome guest on Saturday, May 15th as Senator Leland Yee will be dropping by Leland Avenue. His visit is part of our annual Leland Avenue Sidewalk Sale from Bayshore Boulevard to Peabody Street starting at 10 a.m.

This is the day to shop Visitation Valley stores as businesses will be offering a variety of great discounts, sales, free giveaways and other exciting activities. Come down for the bargains and meet our California State Senator.

Financial Etiquette in the New Economy

by Jason Alderman

For many people, 2009 was a bumpy ride. Although the economy is slowly rebounding, times are still tough for those dealing with significant financial issues such as unemployment, lack of health insurance or foreclosure.

We all want to offer friends emotional support during troubling times, but knowing which approach is best isn't always easy, since some people don't want or know how to ask for help. Here are a few common-sense approaches, no matter which side of the equation you're on:

Banish survivor guilt. Just because a friend or co-worker lost their job doesn't mean you can't discuss yours. Work is part of life and a natural topic of conversation, so purposely avoiding it will not go unnoticed and may create awkwardness between you. Just be careful not to let work issues dominate your conversations.

Vent with caution. It's natural for laid-off co-workers to want to unload about former employers. Be a good listener, be discreet, but be careful about chiming in yourself. And, if you're the one venting, be careful not to make your former colleagues uncomfortable. Plus, you never know who's sitting at the next table.

Join the job hunt. If you're unemployed, feel free to network with friends, family and former colleagues. Just don't rely too heavily on their help; you have to lead the charge. Likewise, if it's your friend who's looking, gauge whether he or she is interested in hearing about job leads and know when to back off. You might be able to help revise their resume, practice interviewing skills or even just provide a friendly diversion.

Broaden your social activities. This doesn't mean halting shopping trips or dining out with a newly unemployed friend if that's what you always do together. But try to come up with other, less costly suggestions and let your friend choose. For example, seek out more affordable restaurants, go to a museum's free day or just take a walk together. If you want to pick up the tab, make the offer upfront to avoid any uncertainty, and be gracious whether your invitation is accepted or declined.

Borrowing – or loaning – money. This is a particularly touchy subject, no matter which side you're on. It's hard to turn away a friend in need, but many people can't afford to put their own finances at risk over a personal loan – not to mention the potential for hard feelings if someone defaults. Here are a few suggestions:

*If you're being asked to loan money, don't feel obligated to answer immediately. Consider whether you can afford it and if the loan will truly help or merely postpone a painful inevitability.

*Try borrowing from a bank or credit union first.

*If that doesn't work, third-party services like Virgin Money (www.virginmoneyus.com) provide guidelines and formal loan structure – for a fee – for loans between acquaintances.

*Other peer-to-peer lending services such as Prosper (www.prosper.com) and Lending Club (www.lendingclub.com) connect potential borrowers with investors willing to lend money.

Whenever financial difficulties arise for you or an acquaintance, the best things to do are be honest, be considerate, and most importantly, be there for each other.

McLaren Park News and Notes

by Betty Parshall

Whither Friends of McLaren Park?

Long-time president of the Friends of McLaren Park, Franco Mancini, retired at the end of 2009 with no successor, and since that time the group has not met. However, there is at least one person who is willing to take on the task, but who also would like to propose some restructuring of the group.

The recommendation is to see FOMP become an umbrella organization that could meet bi-monthly or quarterly to bring all the park groups together to share what they are doing. Workdays and special events could be publicized and shared with far more people. If there were some big issue that everyone agreed on then FOMP might take a position, but its prime purpose would be to share information and keep everyone in the loop. The FOMP website could be expanded and include reports from the Recreation & Parks Dept., Parks Trust and others.

There are so many people who love the park and complain that they never know what is going on, so this plan could go a long way to improving communication as well as participation in the many activities generated in and by the park. We will post information on the neighborhood message boards and in this column as information becomes available.

Jerry Garcia Amphitheater Group Amping Up

This is a community-based group that has been loosely organized with the assistance of the office of Supervisor Avalos and the SF parks Trust. For more about the group and its activities see

<http://groups.google.com/group/friends-of-the-jerry-garcia-amphitheater?hl=en>

While in the organizing and planning stages, the Friends of the Jerry Garcia Amphitheater met in March to refine its mission statement.

"The mission of the McLaren Park Festival at the Jerry Garcia Amphitheater is to provide quality entertainment – as a premier performance space in the City of San Francisco – for the enjoyment of the surrounding communities of McLaren Park and the residents of San Francisco. Our goal is to present a performance series to promote and showcase local (By Area) talent via engaging events from various art disciplines while encouraging the enjoyment of the Jerry Garcia Amphitheater and McLaren Park throughout the year.

"This goal will be met through:

Providing paid performance opportunities for artists and performing groups to the extent feasible at the JGA

Serving diverse audiences by presenting varied musical, theatrical and other performance genres at the JGA

Promoting the use of the JGA as a performance venue and facilitating its use

Promoting the awareness, maintenance and improvement of the JGA as a performance space and community resource

Developing open and equitable procedures for use of the JGA

Providing guidance and fiscal sponsorship through San Francisco Parks Trust.

The Jerry Garcia Amphitheater venue can become a city-wide destination when these objectives become reality.

Happy News from McNabb Lake

The coots at McNabb have raised four chicks to teen-hood. Check them out!



Wells Fargo Presents



San Francisco

small business week

SFPUC Automated Water Meter Program

Starting in spring 2010, the San Francisco Public Utilities Commission (SFPUC) will begin a pilot program replacing the first 5000 old water meters with new ones that can be read remotely. This is the first phase of a larger effort to upgrade water meters citywide. The new meters will ensure better customer service and more detailed information about your daily water use, including faster detection of leaks, which can lead to potential savings.

The automated system will collect and transmit water consumption data from San Francisco's residential and commercial customers to the SFPUC billing system 4 times a day without the need for physical field visits and manual meter reading.

This technology has been successfully used for over 10 years and has proven to work. Boston, Wash-

ington D.C., and Kansas City are a few of the cities who are using this technology. New York and Toronto are also beginning to install automated water meters using this same technology.

The SFPUC is also taking extensive measures to ensure that new meters will be accurate. All meters will be tested according to American Water Works Association (AWWA) standards before they are shipped to the SFPUC. Following receipt of shipment the SFPUC will randomly test 10 percent of each shipment of meters at our certified testing facilities before approving them for installation. In addition the SFPUC will perform quality assurance audits on a random five percent of all meters after installation.

Finally SFPUC meter readers will additionally conduct one manual meter reading cycle checking the water meter dial readings against the SFPUC's billing system for EVERY automated water meter installed.

Signals used to transmit data from

the Automated Water Meters are much weaker than what is used by everyday electronic devices, such as garage door openers or remote controls. In addition to being very low power, Automated Water Meters transmit signals only once every 6 hours with each transmission lasting less than one-tenth of a second.

Almost all water meters are located outside the property, usually in the sidewalk, so residents don't need to be home for installation to take place.

Installations will take place Monday through Friday between 7 a.m. and 5 p.m. A typical installation only requires a 10-15 minute interruption of your water service and each customer will be notified with a door hanger that their old meter has been successfully upgraded.

Advanced notice will be mailed to all customers letting you know when the SFPUC and its contractor, VSI Meter Services, will begin installing in your neighborhood. For your safety and security, each installer will carry an SFPUC picture ID card.

The automated water meter system will reduce SFPUC operating costs for meter reading and billing and will improve customer service through:

- *Faster detection of leaks
- *Call resolution improvement—customer service representatives will have access to accurate, up-to-date water consumption data
- *Improved meter reading ability and virtual elimination of bill estimations

- *Lower meter reading costs and improved efficiency

SFPUC staff will be available for presentations on the Automated Water Meter Program May through August of this year. Please call 415-554-3286 if your community organization or neighborhood group is interested. More information about this program can be found at sfwater.org/watermeters.

Cleanup Continues at Schlage Site



A large flock of seagulls are the current inhabitants of the old Schlage site.

Cleanup work continues at the Schlage OU and UPC OU site located at 2401 and 2555 Bayshore Boulevard.

Previous investigations have determined the presence of metals in soil, and volatile organic compounds (VOCs) in soil and groundwater beneath the site as a result of past manufacturing activities.

The Department of Toxic and Substances Control (DTSC) approved a Remedial Action Plan (RAP) on November 16, 2009 to clean up the soil and groundwater at the site. Work is currently being conducted to clean up the contamination in the soil.

The work consists of excavation and treatment of approximately

17,000 cubic yards of VOC impacted soil. Work began in mid-March this year and should be completed in about four months.

All work is conducted between the hours of 7 a.m. and 6 p.m. Monday through Friday and includes the following:

- *Excavation and stockpiling of impacted soil. Soil is excavated and covered temporarily with plastic sheeting. Stockpiles are not higher than 10 feet.

- *Backfill of excavations with clean soil. Clean soil from the site is used for backfill.

- *Stockpiled soil is then spread within a contained area on the site and tilled with farm equipment to aerate the soil. The soil is sprayed with water to manage dust.

Did You Do Your Posture Exercise Today?

by Renee North

May is National Correct Posture Month, so take a look at how hours of computer hunching, slouching while cell phone texting and video-game slumping is affecting your posture. It's not just kids with backpacks or cane-carrying seniors—studies show poor posture is a major cause of back and neck pain for all ages, and over time often contributes to digestive and cardiopulmonary problems. The good news: there are easy things people can do to strengthen posture.

Take a Posture Picture

The first step to improving posture is finding out what your posture looks like. Dr. Steven Weiniger, author of *Stand Taller—Live Longer. An Anti-Aging Strategy: 10 Minutes a Day to Keep Your Body Active and Pain-Free*, suggests this easy way to check your posture with any digital camera:

- *Have a friend take three pictures of you: from the front, back, and side. Stand straight and tall when they take the picture, with what feels like good posture (No looking in a mirror to cheat!). Print out the pictures, one to a sheet. Next, put a dot between your feet on the front and back view, and on your ankle on the side view, and then fold each paper in half vertically, neatly at the dot.

- *Front and Back View: The two halves of your body should be the same. If your head and/or torso is off to one side, or your arms are hanging differently (one hand is lower or further from the body than the other), your posture is not symmetrical.

- *Side View: The line from your ankle should pass thru your shoulder and ear. If your head is way forward of that line, you may have a posture distortion called Forward Head Posture (FHP).

- *File your posture picture where you can find it. Next year take another posture picture to note any changes.

Do Posture Strengthening Exercises

All exercise is not created equal. Exercising with poor posture can train you to stand and move poorly. Yoga, Tai-Chi and Pilates are all great for building body awareness and control. According to Dr. Weiniger, a smart way to exercise efficiently and get the most out of any workout is with a pre-exercise "Posture Break" to set your internal baseline. Before taking a walk or hitting the gym Dr. Weiniger recommends these posture strengthening exercises:

- *Stork: Train yourself to stand tall while building good posture by balancing on one foot. First, stand tall with your best posture, and then keep straight as you lift your thigh so your knee is at hip height. Keep standing tall for 30 seconds on each side, focusing on keeping your body well aligned.

- *Wallstand: Back up to a wall so your heels, buttocks, shoulders and

head all lightly touch the wall while you keep everything level, relaxed and aligned — and take 3 slow breaths, feeling your body's best posture. Note: If you feel any areas of stress, get your posture checked by a professional.

Choose Smart Posture Habits

Get a good chair, and change it's position during the day. If you're going to play video-games, exercise more than your thumbs with games that make you move such as the Nintendo Wii or the new motion sensing Xbox Natal. Invest in quality shoes, and consider using a shoe insert or orthotic, especially if you've had foot or knee problems.

If you have back pain, neck soreness, or other posture problems — or want to find out how strengthening your posture can improve sports performance (ie golf, tennis, baseball) and wellness — help is available. Consult a Certified Posture Exercise Professional, chiropractor, physical therapist or massage therapist trained to assess posture and teach individualized exercise routines for pain management and wellness.

Your posture is how the world sees you, and a bit of effort at strengthening your posture is an anti-aging habit to make you look and feel better, avoid injury and exercise effectively to stay active and age well.

Renee North is a Certified Posture Exercise Professional (CPEP) and personal trainer (NASM) who has trained thousands of professionals how to keep their patients and clients moving well with StrongPosture exercises. She is a senior editor for BodyZone.com, an online wellness resource which offers a national directory of posture professionals.

A Healthy Baby Boy



Devin Ray Monne entered the world healthy and strong at 7:51 p.m. on April 5. He's the new son of Priya and Russel Monne. Russel, of course, is the Grapevine's own Joe Leland who owns and operates the popular coffee house at 28 Leland Ave.

Visitation Valley Community Center Senior Program

Funded by

S.F. Department of Aging & Adult Services

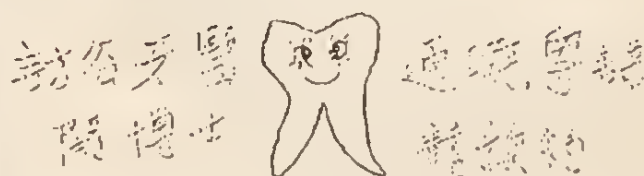
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Visitacion Valley History Project



St. James Presbyterian Church of Yesteryear

by Betty Parshall

On Sunday, April 25 St. James Presbyterian Church celebrated the 104th anniversary of the founding of the congregation. I've had the pleasure and challenge of sorting through a carton of ephemera that covered the years from 1906 to 1989 and came across a fine find. Anny Axelson Livingston was a long-time member who attended Sunday School during the tenure of the first minister and remained active for decades. Sometime in the 1950s she wrote a narrative to a friend relating who the ministers had been and included notes on some of their activity. With the exception of the Sunday School roster, this is Anny's column and reflects not only church activities but other facets of life in Visitacion Valley in those early days.

"During the year of 1906, a small group of women came from the University Mound Presbyterian Church (which was then located off San Bruno Avenue in the Portola District and since disbanded in the 1920s) and taught Sunday School lessons to the children residing in Visitacion Valley. This was done in the Bayshore Hall, which was located adjoining Vince's Barber Shop and where the library now is. The hall burned down many years ago. There was a barn and coal yard beneath the hall."

This information is copied from a small piece of notepaper. Written in pencil, it is titled "St. James SS" and lists the names, addresses and dates of birth of children who were attending Sunday School in 1910. Note the abode of the Nelson children.

Christina Nelson	Box Cars, Tunnel 4	No DOB
Clarence Nelson	" "	No DOB
Lucretia Amo	277 Campbell Ave.	Feb. 9, 1905
Muriel Meloy	335 Teddy	March 21, 1905
Marion Gibson	21 Arleta	March 21, 1906
Louise Jacobson	108 Tucker	December 21, 1904
Alvina Anderson	311 Wilde Ave.	August 1, 1904
Teddy Lindy	1 Teddy	February 26, 1904
Earnest Hilderbrand	125 Campbell	June 1, 1904
Mildred Carlson	18 Tioga	August 23, 1904
Alice Wielan	566 Raymond	September 16, 1903
Charley Anderson	Goettengen	November 25, 1904
Barbara Reid	211 Tioga	April 26, 1904
Maurice Robertson	185 Leland	April 26, 1904
Helen Anderline	1117 Goettengen	September 28, 1903
Blanche Cuttler	1329 Goettengen	July 29, 1903
Aurthur Anderson	311 Wilde	No DOB
Leland Nukirk		No other information
Luther Nukirk		No other information

"Mr. Loren S. Hanna came to minister at St. James in 1917. Along with the usual activities of a minister, he established a store-front mission on the northerly side of Leland Avenue, where Busse's Beauty Parlor now is (22 Leland Ave.). Many fine speakers and soloists were heard at this Mission and many people came to St. James through this effort of Mr. Hanna's. He later became a missionary and went to Siam and served there over twenty years.

"Rev. R. B. Hummel served as pastor from 1919 through 1920. It was at the close of World War One and the Big Flu Bug was prevalent over this Valley causing many deaths. This good man took it upon himself and made a soup for the many sick people, and walked on foot to deliver it to them. There was hardly a home that didn't have some sick people. He was almost a hero when they saw him coming. He gained many people to St. James Church. "He also joined the W.O.W. Lodge and was a friend to the many men and got a job at the Southern Pacific Railroad and worked with the men there. Before long word crept out that he was a Pastor and men came to St. James in great numbers. Before too long we had, as many men as women. It was not so before."

And it is interesting to note that our writer Anny Axelson married SP employee Stanley Livingston in 1923.

Reaching a Decision About Paying Your Mortgage

There are better alternatives than defaulting on a mortgage obligation.

The decision to default may seem like the only alternative for many homeowners who have lost their jobs or are experiencing personal problems such as illness or divorce, but homeowners should carefully consider how such a decision might affect them in the long term.

*Negative credit rating. Defaulting on your mortgage can affect future access to credit and negatively impact your ability to rent or buy a home. It can also make it harder and more expensive to buy or lease a car and maintain a small-business line of credit, and could cause your creditors to reduce your existing credit lines. Now that some employers use credit checks in making employment decisions, it could even hurt opportunities for future employment (60 percent of employers now check credit records, up from 40 percent four years ago, according to the Society for Human Resource Management).

*Debt doesn't always go away. By simply walking away from your obligation, you might end up with a large tax bill. However, by working with your lender, any debt forgiveness on your primary residence may not be taxable due to the recently passed Mortgage Forgiveness Debt Relief Act. You should consult your tax professional for background on this tax provision and to understand the potential impact to your individual situation.

In some states, even after foreclosure, lenders can seek repayment from you for the mortgage if you have the ability to pay the remainder. If you have a second mortgage, often called a "piggyback," in those states where deficiencies may be pursued, the bank may also seek payment on the second loan balance. If you owe back taxes, your municipality may turn your delinquent taxes over to collection agencies for repayment.

*Benefits of home ownership are lost. Balance the cost of renting with the benefits of homeownership. U.S. tax laws still favor homeownership. If you itemize for tax purposes, you will lose the mortgage interest and property tax deductions. Your rent payment may not be lower than your mortgage payment, particularly when you factor in the tax benefits. Meanwhile, as the market recovers and housing prices begin to appreciate, landlords may charge higher rents, so you could miss the long-term upside of a recovery.

Ask your lender about making your mortgage more affordable through a modification plan that could include reducing your interest rate, deferring the amount of principal on which interest is accruing or lengthening the amortization term. Modifying your mortgage may create an affordable payment that makes your monthly expenses comparable with prevailing rents.

*Community is impacted. If you default on your mortgage obligation and your home goes into fore-

closure, there are negative impacts on the neighborhood. Foreclosure lowers neighboring home values further. It also affects schools and city services through lost tax revenue—something to consider if you want to stay in the community.

If homeownership is not an option, there are other alternatives such as a short sale or deed in lieu of foreclosure. A short sale is when a property is sold and the lender agrees to accept a discounted payoff.

A deed in lieu allows the transfer of a property to the lender without going through the foreclo-

sure process. These alternatives are last resorts, and may follow other options such as an attempt to sell the property. Check with your tax professional regarding your individual tax situation.

Seek Help

Contact a HUD-approved housing counselor or call (800) 569-4287. These resources can help review your family budget and propose solutions designed to help you afford your home.

For more information on foreclosure facts and where to find help, visit www.homesafepmi.com. **NAPS**

Protecting Your Family from Allergens

Allergies are nothing to sneeze at. An estimated 50 million Americans suffer from them. According to the Mayo Clinic, allergies occur when your immune system reacts to a foreign substance such as pollen, bee venom or pet dander.

Why Allergies

You have an allergy when your body overreacts to things that don't cause problems for most people. These things are called allergens. Your body's overreaction to the allergens is what causes symptoms. Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body.

How To Tell

Allergy symptoms can include:
 *Congestion
 *Itchy, runny nose
 *Itchy, watery or swollen eyes (conjunctivitis)
 *Itches
 *Difficulty breathing.

What to Do

You may want to see a doctor if you have symptoms you think may be caused by an allergy. Your doctor will help you take steps to identify and avoid your allergy triggers, generally the most important step in preventing allergic reactions and reducing symptoms.

To reduce symptoms caused by dust mites or pet dander, consider frequently washing stuffed toys in hot water, maintaining low humidity, regularly using a vacuum with a fine filter such as a high-efficiency particulate air (HEPA) filter, and replacing carpeting with hard flooring.

Since the bedroom generally contains the greatest number of dust mites and pet allergens, it's the most important room to allergen-proof.

To help combat allergies in the bedroom, you can get Protect-A-Bed's Allergy Protection Kit of essential tools for complete allergy mattress protection. The unique technology featured in the mattress and pillow protection products offers a dry, anti-allergy and bed bug-free sleep environment.

The first essential layer of defense against allergens is the mattress encasement, which should never be removed. AllerZip encasements feature a three-sided zipper for ease

of use and are completely allergen escape- and entry-proof with an innovative Allergen Flap that prevents any allergens from entering or exiting through the zipper. Double-stitched seams and the soft, waterproof surface also add a further level of protection around the entire encasement. Featuring the innovative Miracle Membrane, each encasement keeps liquids out and stain-proofs the mattress, yet it remains breathable.

The second layer of defense against harmful allergens is the Mattress Protector. It provides a barrier against allergens and dust mites and keeps the encasement sanitary and protected from spills and accidents. With an absorbent cotton terry surface that is cool and comfortable to sleep on, the protector also provides a two-way barrier for the mattress and the user to protect against allergens, dust mites and accidents. It has a fitted sheet-style skirt that will stretch to fit mattresses without shifting. It doesn't alter the feel of the mattress and can be removed for washing as easily as sheets.

Rounding out the entire Allergy Protection Kit and providing a complete, allergy-free sleep zone is the Pillow Protector. Consider that your face is in constant contact with your bedding while you sleep. Pillow Protectors shield you from breathing in the allergens that may already exist in the pillow.

With a cotton terry surface, the system's unique Pillow Protectors provide a cool, comfortable place to sleep and are easy to use: Simply slip them over pillows and zipper them shut. A two-way barrier and a 100 percent waterproof Miracle Membrane surround the pillow, but the user won't get hot because it is breathable. The Allergen Flap provides an additional barrier behind the zipper that won't allow allergens to pass through.

These Protect-A-Bed Allergy Protection Kits are available in Full, Full Extra Long, Queen, King and California King sizes. You can learn more at www.protectabed.com and (866) 297-8836 **NAPS**

Neighborhood Safety Day

will be held on May 8th
from 10 a.m. to 2 p.m. at the
Schlage Lock Redevelopment site.

Sponsored by
S.F. Fire and Police Departments,
SF SAFE, Vis Valley NERT,
Brownfield Partners and MACTEC.

There will be entertainment, food,
prizes and an opportunity to learn
more about making your life
a little bit safer each day.

Some Good Straight Talk About Some Car Care Myths

Myth: Using a higher-octane fuel means better performance.

Fact: Usually, only vehicles with high-performance engines require a higher-octane fuel. Using fuel with an octane rating higher than that of the manufacturer's recommendation will not increase your car's performance, lower exhaust emissions or increase your engine/fuel system life.

Myth: A car's motor oil should be changed every 3,000 miles.

Fact: You should follow your vehicle manufacturer's recommendations for oil changes to keep your warranty current. However, once your vehicle is no longer under warranty, a switch to a synthetic oil

could extend your oil change intervals. Due to advances in lubrication and filtration technology, many newer cars require a drain interval longer than 3,000 miles.

There are a number of quality synthetic motor oils from which you can choose. For example, Royal Purple motor oils are recommended to extend oil change intervals to 12,000 miles under normal driving conditions, and have also been shown to improve fuel economy.

Myth: A dealership must handle all maintenance to keep a vehicle under warranty.

Fact: The key to maintaining your factory warranty is that car care

items specified in the owner's manual are serviced on schedule. As long as the service is documented, it can be performed by any auto-repair shop. You can also do the work yourself; just make sure you keep accurate records and receipts in case warranty issues arise and for future repair.

Myth: Dishwashing detergents are suitable for car washing.

Fact: It is common for people to use dish detergents to wash their car. However, it's best to opt for a product specifically designed for automotive use because dish detergents are designed to remove animal and vegetable fats and will target car wax instead. **NAPS**

Joe Leland around the neighborhood

***A Steal at \$3.6 million?:** Once know as the Bayshore Hotel, 2400 Bayshore Blvd. @ Leland Avenue is tor sale. \$3,650,000 will get you a 19 unit building with 5 commercial ground floor, 2 four bedrooms, 1 two bedroom, 7 one bedrooms and 4 studios units. Contact Kazuhiro Sera of Coldwell Banker for more info. Phone: 415-298-4058 Phone: 415-334-1880.

***Another Great Deal!?:** Remember Cliff's BBQ? The shell of the former restaurant at 2177 Bayshore Blvd. is also tor sale with a list price of \$800,000. According to marketing materials, the site is "fire damaged" and has approved plans and permits for 4 residential units and 1 ground floor commercial unit. 2 street frontage with parking off of Tunnel Avenue and commercial on Bayshore. 2 lots; lot 003 and 004. Contact Michael Y Klestoff of West & Praszker, Realtors at 415-661-5300.

***Yet Another Great Deal!?:** 91-95 Leland Ave (of Casketorium fame) is for sale. Asking \$1.2 million, but as stated in the marketing materials "will consider less." Currently 2 residential units over 2 retail units, with a single permitted cottage in the rear of the property. The property sits on 2 parcels in the "Heart of the Redevelopment Zone for the City of San Francisco's Master Redevelopment Plan." Current rent roll is \$7,000/mo with one vacancy in one of the retail units. "Keep this property as your income property or complete the redevelopment tor a fantastic 4 Story, 8 Unit Mixed Use Property... This street will be brand new from the street to curbs to retails store fronts and will be the jewel of Visitacion Valley off Sunny Bay Shore Blvd."

***Sidewalk Sale:** Saturday, May 15, 2010. 10 a.m. to 2 p.m.. Leland Avenue is in disarray due to the ongoing Streetscape Improvement Project, which means that your local merchants need your support more then ever. The 5th Annual Leland Avenue Sidewalk Sale will still happen, but with less "Sidewalk" and more of the "Sale" component. The Leland Avenue Sidewalk Sale is part of San Francisco annual Small Business Week. The Visitacion Valley Business Opportunities and Outreach to Merchants (VVBOOM) Program will be working with local merchants and the community to help make this one day event a success.

***Lemonade Day:** Also on Saturday, May 15, 2010: Lemonade Day, a FUN, FREE, community wide, educational initiative where KIDS learn to start, own and operate their own business. Kids of all ages learn to set goals, develop a business plan, establish a budget, seek investors, provide customer service, and give back to their community. Each young entrepreneur will set up their lemonade stand and sell, sell, sell their lemonade! Saturday, May 15, 2010 is the "official" Lemonade Day and will share the spotlight with the Leland Avenue Sidewalk Sale. Look for a colorful lemonade booth along Leland Avenue. More info: <http://sanfrancisco.lemonadeday.org>

***Quote of the Month:** "It is a very sad thing that nowadays there is so little useless information." -Oscar Wilde (1854-1900)

Staying Safe Outdoors

During warmer weather months, parents have a wonderful opportunity to teach their kids about how to enjoy the beauty of nature safely. With the right knowledge and a well-stocked first-aid kit, families can steer clear of injury and infection in the wilderness. Here are some tips for picking the best safety supplies before a family hike through the open air.

*Save your skin: Don't forget to protect your skin by applying UVA/UVB full-protection sunscreen at least 10 minutes before you set out.

*Back off, bugs: Make sure your

first-aid kit includes insect repellent to fend off any flies or mosquitoes you might run into along the way.

*Accidents happen: Should something unexpected occur, make sure your kit includes adhesive bandages, antibiotic ointments and alcohol wipes – CVS/pharmacy offers a First Aid Kit with all of these products, plus CVS Brand Peas Cold Therapy packs, sterile gauzes, bandages and other first-aid necessities.

*Check the kits regularly: Remember to replace missing items or medicines that may have expired.

NAPS

Book Review

Vietnam Veterans Tell Their Stories

For most Americans, April 1967 represents a slice in time no more or less significant than any other. For those who set foot in the Que Son Valley 43 years ago, however, it represents a painful reminder of a battle won and friends and innocence lost.

To look at the lush expanse of Vietnam's Que Son Valley today, it is hard to imagine a time when some semblance of peaceful prosperity didn't envelop the region. Covering 273 square miles, the populous, rice-rich valley serves as an agricultural center for the now-stable Southeast Asian nation. Beginning in April 1967, however, the area known as "The Valley," would serve as host to one of the bloodiest series of battles in modern military history.

Overshadowed at the time, and in the decades to follow, by the iconic battles that took place at Khe Sanh, Hue City, and Saigon in the early months of the 1st Offensive, the bloody back-and-forth engagements taking place in the Que Son Valley from April-November 1967 would prove to be some of the heaviest and costliest of the entire war. On one side was the 2nd NVA Division, a group of largely veteran soldiers hardened by years of ferocious combat. On the other, the 1st Marine Division, the Old Breed,

heir to the most glorious history in the entire U.S. Marine Corps. Six months of combat would find American forces victorious, but far from unscathed.

Now, on the anniversary of this largely untold battle, the story of the U.S. Marines' harrowing combat of the Que Son Valley campaign is coming to light for the first time in a new book from retired U.S. Marine and two-tour Vietnam veteran Otto J. Lehrack, *Road of 10,000 Pains: The Destruction of the 2nd NVA Division by the U.S. Marines, 1967* (Zenith Press, \$30).

In the book Lehrack recounts the battle through the words of the men who experienced the deadly engagements firsthand. While overlooked both then and today by the media and countless historians, the Que Son Valley campaign would be viewed as a momentous and war-changing victory for the American military, it would also prove to be one of the most costly.

"One of the Vietnamese I interviewed told me matter-of-factly that he and his comrades had killed more Americans in the Que Son Valley than at any other time and place in the entire war," Lehrack states. "I read all of the Marine Corps' after-action reports and believe this to be true."

It was the Vietnamese veteran's disturbing statement, combined with the lack of coverage for the historically important campaign,

that motivated Lehrack to tackle the herculean task of tracking down the Que Son Valley's veterans and telling their stories. Himself a two-tour Vietnam veteran and retired Marine, Lehrack felt it was his mission to give the men who served so bravely an opportunity to tell the story so few others were willing to tell.

"I tell people that I write for minimum wage, and that is not far from the truth," Lehrack recently said. "In reality, I write because I want to tell as many stories as I can about the courage and sacrifices the Vietnam veteran exemplifies. I hope that readers will be moved to tears, I know that I am, and will shake their heads in wonder at the outstanding performance of these young men."

If Cpl. Bill Clark's words about his service in the Que Son Valley campaign mean anything, Lehrack can consider his latest mission accomplished.

"I have never been able to adequately describe my feelings about that period of my life," Clark states in the book. "I saw men perform acts of profound and unselfish bravery for which they expected and received no honors or awards. They did this for each other and because of that bond that ties us together as Marines. These things never leave me, and not a day of my life has passed without remember them and the things they did."

Preliminary Funding Recommendations for Visitacion Valley

by Russel Morine

San Francisco's Department of Housing Community Development Division recently released its preliminary funding recommendations for San Francisco's Community Development Block Grant (CDBG) allocation for 2010-2011.

CDBG is a federally funded program that grants local jurisdictions funds to support targeted community development activities such as affordable housing, anti-poverty programs, and infrastructure development.

San Francisco was allotted \$22,267,380 for the 2010-2011 fiscal year. A long list of community based and not-for-profit organizations routinely apply for a portion of these funds to support their respective missions.

As in the past, the need greatly outpaces the available funding. The number of Visitacion Valley based organizations that applied for funding is not known, however four organizations indigenous to the community are slated to receive approximately \$207,000 dollars in support.

Mercy Housing (a nation wide affordable housing developer) is slated to receive an additional \$175,000 for Sunnydale specific

community programming.

As always, it's up to the residents of Visitacion Valley, whom are the intended beneficiaries of CDBG funds, to monitor the effectiveness of the funded organizations.

The following organizations have preliminary funding:

To remove barriers to economic opportunities and create economic stability through enhanced access to and utilization of social services:

*Asian Pacific American Community Center 2442 Bay Shore Blvd (\$52,000), community center providing information and referral, employment, translation, public safety, and other services, for primarily low-income Asian immigrants in the Visitacion Valley and Bayview Hunters Point neighborhoods.

*Samoan Community Development Center 2055 Sunnydale Ave (\$50,000), case management, information, referral and translation services in nutrition, immigration and housing issues primarily targeting Samoan families in the Southeast sector.

*Together United Recommitted Forever (T.U.R.F.) 1652 Sunnydale Ave (\$40,000), case management services, academic support and empowerment activities primarily

for youth and young adults residing in public housing.

To strengthen commercial corridors in low- and moderate-income neighborhoods and increase corridor potential for providing jobs, services, and opportunities for residents.

*VVBOOM /Community Initiatives (\$65,000), one-on-one assistance to businesses to economically stabilize and strengthen neighborhood businesses in Visitacion Valley.

To improve social and economic outcomes for existing public housing residents:

*Mercy Housing California (\$175,000), community building activities for residents of the Sunnydale public housing development.

Free Composting Class

Composting encourages beneficial organisms in the soil and can help break the life cycle of plant pests and disease. Join Garden For the Environment (7th Avenue at Lawton Street) for this fun, hands-on class teaching methods for backyard and worm composting on Saturday, May 1 from 10 a.m. to 12 noon. Come learn what you can do to improve your garden without chemical fertilizers or pesticides and prevent organic waste from ending up in the landfill.

Cooking Corner

Mini French Toast Dippers

3 large eggs; ½ cup skim milk; 2 cup plus 12 teaspoons sugar; 1 tablespoon vanilla extract; ¼ teaspoon nutmeg (optional); ¼ teaspoon cinnamon (optional); 1 box Melba Toast Classic; 2 tablespoons butter.

Whisk eggs, milk, 2 cup sugar, vanilla and spices in a small bowl. Pour mixture onto a cookie sheet or jelly roll pan.

Place melba toast in single layer in egg mixture; let stand until soaked through, about 3 minutes; flip if necessary.

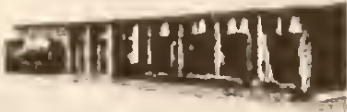
Melt 2 tablespoons butter in a large nonstick skillet over medium-high heat.

Add 6-8 soaked melba toast slices to skillet; cook until deep golden on bottom, about 2 minutes. Sprinkle top of slices with ½ teaspoon sugar; turn slices over and cook until deep golden on bottom, about 2 minutes. Transfer French toast to plates. Serve with applesauce, maple syrup or your choice of breakfast dips. Makes 25 sweet nibblers to pair with nutritious fruit.

NAPS

Church of the Visitacion

Roman Catholic (1907)



Over a Century in Visitacion Valley

Daily Masses: (Mon-Fri except Wed) 8 a.m. and Wednesday only at 5:30 p.m.

Saturday Masses: 7:30 a.m. and 4 p.m.

Sunday Masses: 8 and 9:30 a.m. (11 a.m. Spanish) 12:30 and 4 p.m.

Our Lady of Visitacion School: Grades K-8 239-7840.

Religious Education: Grades K-8 (Saturday only) 595-1670

Come, Let us worship together!

655 Sunnydale Avenue

San Francisco, CA 94134-2838

(415) 494-5517, Fax 494-5513

Rev. Rafael de Avila y Romero, Administrator Pro Tem

Rev. Thuan V. Hoang, Parochial Vicar

JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134

Phone: 415.239.6233 Fax: 415.239.2262

Nutritional hot lunches served Monday-Friday from 12 to 1 p.m. for only \$1.50.

Seniors and non-seniors welcomed.

The Senior Center has many amenities, including our spacious outdoor courtyard. We offer social activities designed to keep seniors active and information designed to keep them informed.

Paratransit Service

Arts & Crafts Chair Dancing

Bingo Yoga

Computer Center Exercise Center

Weekly Strength & Tone Classes

USDA SUPPLEMENTAL FOOD DISTRIBUTION SITE

Weekly food bags and Monthly food boxes

EarthTalk

Plastic Bag Bans

Dear EarthTalk: How effective have plastic bag bans and restrictions been on reducing plastic litter and other problems associated with their proliferation? And is it really better to use paper bags, which will just lead to more deforestation? -Peter Lindsey, New Canaan, CT

Plastic bags, first introduced in the 1950s as a convenient way to store food, have since developed into a global scourge, littering roadsides, clogging sewer drains and landfills and getting ingested by animals and marine life. And in recent years we've discovered how they are so prolific that they now comprise a significant portion of the plastic and other garbage that has collected in huge ocean gyres far from land.

A few countries around the world—Bangladesh, China, India, Australia, Greece, Ireland, Italy, Israel, South Africa, Taiwan and Mumhai, among others—have taken stands against plastic bags through taxing their usage or banning them outright. The environmental think tank, Worldwatch Institute, reports that China's decision to ban free plastic bags in 2008 has cut demand by some 40 billion bags, reduced plastic bag usage there by 66 percent, and saved some 1.6 million tons of petroleum.

In March 2007, San Francisco became the first (and is still the only) major U.S. city to implement an across-the-board ban on plastic bags. Large supermarkets and pharmacies there had to ditch plastic shopping bags by early 2008 in favor of paper bags or those made from all-natural biodegradable comstarch-based plastic. Environmentalists are particularly fond of the latter option for those who don't bring their own grocery bags, as these comstarch bags offer the biodegradability of paper without the deforestation as well as the convenience of plastic without the damage to ecosystems. San Francisco officials had originally tried to work with retailers on reducing plastic bag use voluntarily. But after a few years of little or no cooperation, they decided to just institute the ban on anything but biodegradable bags. The result has been a 50 percent drop in plastic bag litter on the streets since the ban took effect.

Los Angeles followed suit and its city council voted in 2008 to ban plastic bags beginning in July 2010—but the ban will only take effect if the state of California doesn't follow through on a statewide plan to impose a fee on shoppers who request plastic bags. City

council members in L.A. hope the ban will spur consumers to carry their own reusable bags and thus reduce the amount of plastic washing into the city's storm drains and into the Pacific Ocean. Several other U.S. cities, including New York, Philadelphia and Baltimore, have considered outright bans like San Francisco's, but each settled instead on plastic bag recycling programs in the face of pressure from the plastics industry and retail commercial interests.

While increased demand for paper bags in the wake of plastic bag bans could lead to more deforestation, most paper grocery bags in use today are made from recycled content, not virgin wood. Also, an added benefit of paper over petroleum-based plastic is its biodegradability.

Americans go through some 92 billion disposable plastic bags each year, and only five billion paper ones. If the nation banned plastic bags it is likely that paper varieties would only make up a small part of the difference, in light of the proliferation of reusable canvas shopping bags as well as the availability of biodegradable comstarch plastic. Dear EarthTalk: I pruned back an overgrown bush in my back yard last fall and now the soil around it is covered in dandelions and other weeds. Is there any way to get rid of these weeds without resorting to RoundUp and other chemical herbicides? -Max S., Seattle, WA

Weeds are nothing if not opportunistic. While you may not have bargained for getting one form of

eyesore (weeds) by clearing another (an overgrown bush), dandelions and other fast-growing, quickly spreading plants know no bounds when some new territory opens up. They will colonize and spread out given the slightest opening—after all, that's what defines them as weeds.

Of course, conventional herbicides such as Monsanto's RoundUp will take down the weeds in a jiffy, but the negative effects on people, animals and the environment may be both profound and long-lasting. Independent studies of RoundUp have implicated its primary ingredient, glyphosphate, as well as some of its "inert" ingredients, in liver damage, reproductive disorders and Non-Hodgkin's Lymphoma, as well as in cardiovascular, gastrointestinal, nerve and respiratory damage.

California's Department of Pesticide Regulation reports that, year after year, RoundUp is the number one cause of pesticide/herbicide-induced illness and injury around that state. RoundUp is also blamed for poisoning groundwater across the U.S. and beyond, as well as for contributing to a 70 percent decrease in amphibian biodiversity and a 90 percent decrease in tadpole numbers in regions where it is used heavily.

Given that you'll have to manually remove dead weeds from your yard after applying RoundUp (or any other "post-emergent" herbicide), why not just pull them up by hand in the first place? No doubt, the most eco-friendly way to get rid

of weeds is to yank them out without the aid of poisons. Unfortunately, many weeds have long deep roots which need to be pulled completely if you don't want them to grow back; if need be, use a metal weed puller with a hooked end or a mechanical grabber—available at any local garden supply or hardware store—if you don't want to have to pull those very same weeds next year.

Garden expert Dean Novosat of the Garden Doctor website suggests giving the weed beds a good watering the night before you pull weeds. "...the soil will be softened and will yield the entire weed plant, root and all," he says. Another way to kill weeds, he says, is by pouring boiling hot water over them.

Of course, once you've killed or pulled up all those weeds—and make sure you're thorough or else

it's waste of time—you'll want to make sure new ones don't start showing up in their place. Planting some regionally appropriate and ideally native plants in place of the removed weeds would be a good first step—check with a local nursery about what some good choices might be for your neck of the woods.

Once the area is cleared (and replanted), cover it with three to six inches of mulch. Mulch forms a barrier between the soil and the sun, depriving any new germinating weeds of the sunlight they need to photosynthesize. Mulch is composed of large chunky material such as wood chips and bark nuggets, and works well for weed control also because it is low in nutrients and thus won't fertilize plant starts below.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$6 per child; \$10 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*May 1: Use beads, beans and foil design to make your own bracelet inspired by Mexican jewelry.

*May 8: Give your mom a new wallet you make yourself for Mother's Day.

*May 15: Build and decorate your own camper bus. Add details inside and out to make it the

perfect vacation vehicle.

*May 22: Collagraph Prints are made using textured layers. Learn how to do this process and create your own collagraph prints.

*May 29: Construct your own animal sculpture from an abundant wood scrap supply.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

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2500 Bayshore Blvd.

San Francisco, Ca. 94134

(Corner of Bayshore & Visitacion)

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75 percent of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance, and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: \$60; 1/2 Page: \$33.75; 1/4 Page: \$18.75; 1/8 Page: \$10; 1/12 Page: \$8; 1/16 Page: \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Police Report

Police Cases

*On Mar. 25 at 1:30 p.m. in the area of San Bruno Avenue and Burrows Street, an officer was flagged down by a witness who reported to him that she had just witnessed a robbery and gave him the suspects' description and that of the vehicle they were in. Within minutes, officers were able to locate and detain the suspected vehicle with the subjects inside. Other officers searched the area for the victim and located her in the area of Felton and Somerset. The victim stated she was walking with her bag slung over her shoulder when one of the subjects ran up to her and grabbed the bag. He pulled it off her shoulder and ran to a waiting car that drove off at a high rate of speed. The victim was uninjured. All three suspects were arrested and booked at Bayview Station.

*On Mar. 26 at 9 a.m. on the 1500 block of Sunnydale Avenue, an officer prepared a threats report for a woman who stated that she was threatened by another woman. The victim stated that the suspect showed her a handgun and told her that she was going to shoot her. The suspect threatened to beat the victim up and break out the windows in her residence. At 9:05 a.m. on the 1800 block of Sunnydale Avenue, officers responded to a burglary call. The victim told the officers that she left her home secured except for a bedroom window which was cracked for ventilation. She received a call from an unknown caller while out that her home was being burglarized. She returned to find her home had been entered by an unknown suspect and several electronics were stolen from the home. At 7:08 p.m. at Leland Avenue and Cora Street, officers responded to a person with a gun call. Upon their arrival they saw the described suspects and detained them. They searched the suspects and located a loaded handgun on one of the suspects. The witness identified the handgun as the one he had seen. One suspect had discharged the weapon in a negligent manner. One suspect was arrested and the others released.

*On Mar. 28 at 10:30 p.m., plainclothes officers were patrolling in the area of Woolsey and University streets. The officers heard gunfire in the area and immediately began searching for its source. They were able to determine that the shots they heard came from picnic area of McLaren Park. The officers located a group of subjects in the area. One of the subjects began to run when he saw the officers. As he ran, he threw down a handgun. The officers were able to apprehend the subject and recover the weapon. They also located spent casings on the ground near the group in the park. Further investigation revealed that there were no apparent victims and that the subject was shooting into the air. He was arrested and booked at Bayview Station.

*On Mar. 29 at 10 a.m. on the 100 block of Argonaut Avenue, a victim went to Ingleside Station and reported to an officer that her boyfriend's ex-wife threatened to beat her up while pounding on the victim's front door. The suspect eventually left the area. Also at 10 a.m. on the unit block of Brookdale Avenue, officers responded to a burglary call. The officers discovered that an unknown suspect entered the residence by forcing a window. The suspect then stole money, a television, and an iPod. The suspect exited the home through the front door. At 10:15 a.m. on the unit block of Brookdale Avenue, officers responded to another residence regarding a burglary. The victims left their home secured but with a slightly open upstairs bathroom window. They returned several hours later to find the house had been ransacked. The doors to the residence were still secured. At 12:40 p.m. at Crocker Amazon Park, a victim reported to an officer that he approached several individuals in the skate park regarding riding bikes in the park. The victim was also on a bicycle. The suspects became verbally aggressive and threatening to the victim and one suspect pushed over the victim's bicycle, causing damage to it. The victim rode away from the scene. At 5:30 p.m. on the 400 block of Sawyer Street, a victim told an officer at Ingleside Station that her boyfriend's ex-girlfriend struck the victim's vehicle with her own vehicle causing damage to the doors of the vehicle. At 6:18 p.m. at Brookdale and Blythdale avenues, officers observed a known criminal gang member driving in Housing Authority property in violation of a stay away order which is in effect perpetually. The officers stopped the vehicle and arrested the driver. The sus-

pect was taken to Ingleside Station where he was later cited and released. He had been arrested for the same offense several days before.

*On Mar. 30 at 8:40 p.m. at Sunnydale Avenue and Hahn Street, officers conducted a traffic stop of a driver who had committed a vehicle code violation. The officers recognized the occupants of the vehicle to all be criminal gang members from that area. They conducted computer queries of all of the suspects and found that one of the passengers in the vehicle was wanted. When they tried to handcuff the suspect, the suspect pulled away from the officers and ran away. The officers chased him down and took him into custody for his warrant.

*On Mar. 31 at 6:28 p.m. at Arleta and San Bruno avenues, officers were conducting a plain clothes surveillance of an area known for narcotics use and sales. They observed a 52 year old white male adult exit a residence in the area suspected as being a drug house. An officer followed the suspect several blocks on foot then contacted him and identified himself as a police officer. The officers ran a computer check on the suspect and found that he was on parole for narcotics sales. They searched the suspect and discovered that he was in possession of a variety of narcotics and small pocket scales commonly used to measure out quantities of narcotics for sale. They placed the suspect under arrest with a parole hold. At 10:30 p.m., officers were patrolling in the area of Woolsey and Somerset streets when a frantic man ran into the street and waved them down. The man, wide eyed and frightened, pointed at two subjects who were running away about a block up. The man told the officers that the subjects had a gun and urged the officers to hurry. The officers immediately responded and gave chase after the two running subjects who did not yield to their commands to stop. The officers were finally able to chase down and successfully apprehend both subjects. The officers, believing that they had just successfully interrupted a robbery or a robbery attempt, went back to locate the victim who flagged them down to get the detailed accounting of what happened. Unfortunately, the man who had flagged them down had left the area and the officers were unable to locate him. The subjects were cited for delaying an investigation (running away without heeding the officers' order to stop) and released. The officers were unable to locate any weapons.

*On Apr. 1 at 2:26 p.m. at Garison Avenue and Rey Street, officers were flagged down by a witness who stated that she was told by a witness of a vehicle, possibly an older Honda or Toyota silver in color, with four African American males aboard. One of the suspects in the vehicle shot a gun three times then the vehicle fled the area. The officers searched for victims and additional witnesses as well as damage. They located three .40 cal. shell casings. At 2:31 p.m. on the 3800 block of San Bruno Avenue, officers responded with numerous other units to a burglary in progress call. Officers entered the residence which had been forced open and found that it was a vacant home. The witness stated that he observed a white male and a black female force entry to the residence after pulling up in front of the building in a truck. The officers did not locate either suspect, but they towed the truck for further investigation.

*On Apr. 2 at 10:30 a.m. on the 1800 block of Sunnydale Avenue, a victim reported to 311 that an unknown suspect vandalized her vehicle by denting the hood and side panel. At 10:45 a.m. on the unit block of Blythdale Avenue, officers responded to a housing unit regarding a burglary. They found that the entrance point was an unsecure upstairs window and that the exit was the back door of the residence. The victim's game console and laptop computer were stolen. The victim also reported that her vehicle had been broken into and a speaker was stolen.

*On Apr. 3 at 9:47 a.m. at San Bruno and Silver avenues, an officer met with the victim of an incident of vandalism. The victim said that he left a bar and went out to his parked car and heard someone yell that he was coming. He then saw a man who was kneeling next to the car run from the scene. The victim then found the all of his tires were punctured. The suspect was described as a Hispanic man wearing a white tee-shirt and blue jeans. At 10:45 a.m. on the 2100 block of Sunnydale Avenue, a report was prepared at Ingleside Station regarding theft from a vehicle. The victim said that he came out to his parked vehicle to find that its window was shattered. Several

items were stolen from inside including clothing and a camera. At 9:23 p.m. at San Bruno and Arleta avenues, officers responded to meet with SFFD medics. The medics were treating the victim of a battery. The victim had been on a Muni bus when he got into an argument with 3 to 5 suspects and was punched in the face. The suspects were described as African American males wearing black hoodies.

*On Apr. 4 at 6:15 a.m. on the 2200 block of Bayshore Boulevard, officers were dispatched to the report of an assault. The victim said that he was waiting at a bus stop when he was suddenly pushed to the ground by a man who then ran away. The suspect then returned a few minutes later and punched the victim. The suspect was a Caucasian male (6'0" 180 lbs., 20-30 years old) wearing dark clothing. At 10:10 a.m. on the 1700 block of Sunnydale Avenue, officers responded to the report of a stabbing. They met with the victim who had a small superficial wound on her arm. The victim said that she was at a neighbor's house when she got into an argument with the suspect. As she tried to call the police, the suspect poked her in the arm with a fork. The suspect had already fled the scene when the police arrived.

*On Apr. 5 at 10:28 a.m. on the 300 block of Schwenn Street, officers responded to the report of shots fired. They met with a security guard who said that he had heard three gun shots. Security video footage showed a maroon car driving by, and then a group of people running. It was unclear who was doing the shooting. At 1:53 p.m. at John F. Shelley Drive and Mansell Street, officers responded to the report of a robbery with numerous other Ingleside units. The victim was getting into her car when she saw a young Hispanic male approach the driver's side of her car. The suspect then pointed a gun at the suspect and demanded her property. The victim gave the suspect some cash, and he then ran from the scene. An extensive search of the area was conducted, but he was not found. The suspect (5'2, 118 lbs.) was wearing a gray hoodie and a gray scarf/bandana over his lower face. At 8:30 p.m. on the 200 block of Schwenn Street, an officer prepared a report at Ingleside Station regarding threats. The victim said that she had been receiving calls from a man who would just breathe hard into the phone. On one call, the suspect threatened to kill the victim. At 9:16 p.m. on the unit block of Brookdale Avenue, officers responded to a shots fired incident in the Sunnydale Housing area. Officers observed a group of six young African American males running and detained them. One of the young men in the group did not stop when ordered and the officers chased him believing he was possibly in possession of a weapon. The suspect, a juvenile male gang member, was apprehended and arrested. He was found to be in possession of a sizable quantity of marijuana packaged for sale. The suspect was booked. At 9:16 p.m. on the unit block of Blythdale Avenue, officers were in the area of the 1600 block of Sunnydale Avenue when they heard several gunshots. They were able to locate the scene of the shooting. There were two damaged vehicles and one damaged building as a result of the shooting. There were no gunshot victims and no witnesses came forward with information about the shooter.

*On Apr. 7 at 9:52 a.m. on the unit block of Arleta Avenue, a shooting occurred and numerous Ingleside officers responded. Four victims were located with gunshot wounds. An officer prepared the initial police report. Numerous witnesses were located and interviewed. The four victims were transported via ambulance to the hospital for treatment, all were expected to survive. The victims were outside of a residence on Arleta Avenue, smoking cigarettes and conversing. One of the victims told the others to get in the house as a vehicle was approaching. The victims turned to enter the house when shots rang out and they were injured. At 10:36 a.m. on the 400 block of Rutland Street, officers were flagged down by a robbery victim who told them that she had been attacked by two African American males who stole her purse. The victim, an elderly Asian woman, stated that she was approached by the suspects who each grabbed one of her arms. One of the suspects forcefully pulled her purse from her shoulder knocking her to the ground. The victim screamed and an area resident went to her aid. The suspects ran away on foot. At 1:25 p.m. at Mansell Street and Visitacion Avenue, officers responded to a robbery call with numerous other Ingleside officers and Honda officers in McLaren Park. The victim told the officers that he was approached by two African American adult males, both described as 5'7", 145 lbs., and one possibly Samoan male

adult, described as 5'10", 250-300 lbs., who knocked him to the ground and punched him repeatedly while taking his property from his pockets. The victim suffered bumps and bruises. The suspects were not located after they escaped through the park. At 2 p.m. on the unit block of Arleta Avenue, officers and a police sergeant responded after a shooting incident to assist with the investigation. They observed a suspicious vehicle and after locating the owner of the vehicle, with his permission, they searched the vehicle interior and found a loaded handgun. The owner of the vehicle is a convicted felon and therefore prohibited from having a firearm. The suspect was arrested. The suspect later told the officers that the gun was not his. At 7:55 p.m. on the 100 block of Brookdale Avenue, officers met with an assault victim who stated that her 22 year old son had attacked her. The victim had facial injuries and was hysterical. The officers provided other responding officers with the suspect's description and he was apprehended several minutes later by a police sergeant. The victim had been in a physical fight with her son's wife then went to her home where her son and his wife were living and began to throw out his belongings. The suspect became enraged and kicked down the door and attacked his mother, punching and kicking her until she lost consciousness.

*On Apr. 8 at 11:39 a.m. on the 1800 block of Sunnydale Avenue, an officer was on patrol when he was flagged down by two women. They said that another woman intoxicated inside their home and was being combative with people in the area. As they were talking the suspect came up to the officer in an aggressive manner and grabbed the officer by the shirt. After a short struggle, the woman was placed in handcuffs and was arrested for battery on a police officer and being drunk in public. At 3:48 p.m. on the 1700 block of Sunnydale Avenue, officers were on patrol in plain clothes when they passed a parked car with a man who they knew to have a warrant inside of it. They stopped and arrested the man for the warrant. They found that the suspect had been removing the stereo from the car and was in possession of a shaved car key which is commonly used to steal cars. A witness at the scene confirmed seeing the suspect driving the car earlier. At 5:03 p.m. on the 1500 block of Sunnydale Avenue, officers responded to the report of vandalism. The victim said that she returned home to find that someone had thrown an object through her window, perhaps in an attempt to gain entry into her home. At 5:11 p.m. on the 100 block of Garison Avenue, officers were on patrol when they saw a car driven by a man who they recognized as being on probation. After the car passed, the officers looked back to see the car race off. They officers turned around and drove up to see that the car had been involved in an accident and that the occupants had fled. A search of the car yielded the discovery of a Ruger rifle along with ammunition.

*On Apr. 9 at 3:20 p.m. on the unit block of Raymond Avenue, officers responded to the report of a theft. They met with the victim who said that he had set his briefcase down while playing chess inside a community center. He then let a man use his phone in the back of the building. This man was the only other person inside the building. After the man left, the victim found that his briefcase was missing. The suspect was described as an African American male (5'6 150 lbs., 40-50 years old) wearing a dark brimmed hat, beige pants, and a dark and white checkered jacket.

*On Apr. 10 at 12:40 a.m. on the 2700 block of Bayshore Boulevard, officers observed a vehicle that matched the description of a vehicle used in a shooting incident, being fueled at a gas station by an African American male. The vehicle also contained four other African American males. The suspects became nervous upon seeing the officer and quickly stopped gassing up the car and took off, driving off of the curb at a high rate of speed. The officer pursued the vehicle believing it was being operated by suspects involved in a multiple victim shooting. After pursuing the vehicle for many blocks into the Sunnydale, Public Housing area, the driver crashed the vehicle into a parked car and the suspects fled on foot. The officers chased after the suspects, but all were able to get away. The vehicle was a reported stolen vehicle, and inside of the car was a semi-auto handgun. At 5:59 a.m. on the 200 block of Hahn Street, officers and a police sergeant responded to a 911 call. The officers met with the caller who stated that she had called for the police due to a fight that broke out during a party. The caller and all of the combatants were cooperative with the in-

vestigation.

Two of the combatants were slightly injured but refused to press charges on the other. The officers documented the incident and admonished the woman who started the fight. At 6 a.m. on the 1800 block of Sunnydale Avenue, an officer responded to a public housing residence regarding a burglary. The officer was told that a 13 year old girl was home alone sleeping in an upstairs bedroom when a suspect entered the home via a downstairs window. The window was broken by the suspect. The victim's laptop computer and iPod were stolen from atop the bed she was sleeping in, and her backpack was stolen from downstairs. The suspect exited the home through the back door of the residence which had been locked, but was found to be closed, but unlocked in the morning. The victim was unaware of the incident while sleeping in her bed. At 6:40 a.m. on the 600 block of Velasco Avenue, officers responded to assist a police sergeant who had been flagged down by a victim reporting an auto boost. The victim told the officers that two of his vehicles were damaged with broken windows and property was stolen from one of the vehicles. At 7 a.m. on the 200 block of Schwenn Street, a victim reported to 311 that his work truck had been broken into by breaking a window and that tools belonging to him and his employer were stolen. The vehicle was parked, locked and unattended overnight. At 4:45 p.m. on the unit block of Blythdale Avenue, officers responded to a call of damage to a vehicle. The victim met with the officer and told them that she heard shots fired near her home the previous evening. She did not go outside at the time. The next morning she saw there was a bullet hole in the hood of her vehicle.

*On Apr. 11 at 1 p.m. on the 1700 block of Sunnydale Avenue, officers were dispatched to the report of a burglary. The victim said that she left her residence locked and secure. She returned to find that her door was unlocked and slightly open. She then discovered that she was missing about \$500 and an iPod.

*On Apr. 12 at 8:58 a.m. on the 200 block of Teddy Avenue, officers responded to the report of a robbery. They met with the victim who had gone into the back of her store to fix something to eat. While back there, she saw via a security monitor three suspects enter the front of the store and lock the door. One suspect went to the rear of the store and demanded money from the victim. The suspect brought the victim to the front of the store and forced her to the ground while the other two suspects searched the victim's upstairs residence. The suspects got away with some cash and other items. The suspects were described as three African American males, two around 5'8 180 lbs. (one wearing a blue Atlanta Braves baseball cap) and the other 5'5", 160 lbs. Each was armed with a pistol. At 10:33 a.m. at Arleta Avenue and Bayshore Boulevard, officers responded to a vandalism call. Three people were detained for damage to a Muni LRV. The suspects, a Hispanic male adult, a Hispanic male juvenile, and a Hispanic female juvenile were being held. The LRV operator told the officers that she was on her last run of her shift and was stopped at a red light when a passenger informed her that someone was damaging the vehicle. The LRV operator saw the adult male and juvenile male damaging the bus windows. The three then got off of the bus together once the operator noticed them. The adult male was found to have an illegal knife in his possession and was booked at Ingleside Station. The juvenile male was cited and released to CARC. The female was released to her father at the scene. At 7:23 p.m. on the 300 block of Sawyer Street, officers were on patrol when they were flagged down by a woman regarding a theft. The woman's son had just exited a Muni bus when he pulled out his phone to make a call. The phone was then snatched out of his hand by a suspect who then ran away. The suspect was an African American male (6'0", 150 lbs., 16-18 years old) wearing an S.F. Giants hat, a track jacket, and light blue jeans.

*On Apr. 13 at 12:50 a.m. on the 1500 block of Sunnydale Avenue, officers responded to a public housing residence and spoke regarding a broken window. The officers spoke with the resident who stated that she was upstairs when she heard a window break. She went to the window and found an eight inch metal sickle on the floor near the window. She did not know of any reason for this incident. At 1:15 p.m. on the 200 block of Rey Street an officer detained a man who was possibly involved in a recent firearm incident. The subject is a known gang member. The officer transported him to Ingleside Station where he was interviewed by Gang Task Force officers and later released. *See Next Page*

Police Cases

*On Apr. 14 at 4:58 p.m. on the 3500 block of San Bruno Avenue, officers were dispatched to the report of a possible burglary. The owner of the building told the officers that he had been told by one of his employees that the building, which the owner rents out to small businesses, may have been burglarized. The owner arrived at the building and saw a woman inside who then left. He came back 15 minutes later and saw two more men who said they were moving items for the business that had been renting the space before being evicted. The two men then left the scene. The owner was not able to contact the prior business manager to confirm the story.

*On Apr. 16 at 7 a.m. at Velasco Avenue and Santos Street, officers investigated a theft from locked auto call. A witness described the suspect as an African American adult male 30-32 years old, wearing a black jacket and gray pants. The victim's GPS device was stolen from the car. At 7:24 a.m. on the 1600 block of Geneva Avenue, officers were flagged down by a victim who showed them that all four tires with rims were stolen from his vehicle. The vehicle had been left on plastic crates. At 11:02 p.m. on the 100 block of Brookdale Avenue, an officer received information regarding a robbery suspect. The suspect was reported to be at a residence in Daly City. The officer called DCPD and requested that a unit respond to the house and detain the suspect if there. The Daly City officers were able to detain the suspect. Officers took custody of the suspect and booked him at Ingleside Station.

*On Apr. 17 at 1:37 p.m. on the 300 block of Wilde Avenue, officers responded to a residence where the neighbors believed the home was being burglarized. The witnesses described the four African American adult male suspects and the vehicle they were seen using, a U-Haul van. Other officers began to search the area for the described suspects and vehicle. A police sergeant first located the vehicle, but lost it in traffic. Officers located the vehicle and also lost it in traffic. The vehicle was found moments later. The driver had crashed the vehicle into another motorist. The four burglary suspects fled from the van. All were eventually apprehended by Ingleside officers assisted by Bayview officers. The van contained the property taken from the resi-

dence on Wilde Avenue and possibly property from other burglaries. At 3:48 p.m. at Geneva Avenue and Santos Street, an officer responded to a robbery call and met with 57-year-old twin brothers who had just attended the Hemp Show at the Cow Palace and were waiting for the bus. The victims told the officer that one brother was holding a backpack with a camera, t-shirts, and flyers/brochures in his hand when an African American male, 20-22 years old, 5'10, 185 lbs., wearing a black hooded sweatshirt, black jeans and black shoes, ran up to them and grabbed the backpack from the victim's hand. Both brothers gave chase until the suspect ran into the Sunnydale Housing area. The victims then called for the police. At 3:58 p.m. on the 600 block of Velasco Avenue, officers responded to an area where a robbery had occurred. They located a man generally matching the suspect description looking through a black handbag. The officers approached the suspect and detained him. The suspect was found to be on active CDC parole with a search condition. The suspect was searched and found to be in possession of narcotics paraphernalia and burglary tools. He also had coins mixed with small pieces of tempered glass in his pocket. The officers attempted to locate any vehicle with fresh damage but were unsuccessful. The suspect was cited and released from Ingleside Station. At 4:55 p.m. at San Bruno Avenue and Somerset Street, officers responded to an aggravated assault call where a Muni driver was the victim. The driver was alerted, by a passenger, to a group of juveniles defacing the bus interior with graffiti. The driver approached the group and told them to stop and to get off of the bus. The group surrounded the driver and attacked him with punches and kicks to his face/head and body. The driver was pushed off of the bus and the attack continued in the street until the driver lay motionless. A female passenger yelled at the group to stop and yelled that she had called for the police. The officers were able to obtain the video footage of the incident and also observed that the suspects stole transfer books from the front of the bus during the melee. At 5:25 p.m. on the 1600 block of Sunnydale Avenue, officers responded to a Cantonese speaking victim's home. The officers found that the victim had been attacked by his neigh-

bor. The suspect unknotted the victim's back door. The victim went outside and began to clean the unknot when the suspect emerged from his home, intoxicated and began to attack the victim outside. The victim attempted to retreat into his home, but the suspect pushed open the door and continued after the victim. The officers found the suspect behind the residence again and detained him. They found that the intoxicated 22-year-old African American male was babysitting his two-year-old sibling. The baby was outside, underdressed and shivering. The mother of the suspect and the baby was contacted and returned to the residence to resume care of the baby. The suspect was taken into custody. The victim was injured in the incident.

*On Apr. 18 at 4:40 p.m. on the 1700 block of Sunnydale Avenue, officers responded to a burglary call. They contacted the Spanish-speaking victim who told them that she was in the process of moving. She packed up some belongings and took them to her new residence, leaving her home secured. She received a call from a neighbor stating that her front door was wide open. The victim returned to the housing unit and found a downstairs window wide open as well as the front door. The victim searched her home and discovered that two televisions, microwave oven and a jewelry box containing several items of jewelry were stolen. At 7:35 p.m. at Sunnydale Avenue and Rey Street, officers were dispatched to a shots-fired call. The officers located the victims and were told that they were cruising around the area, listening to music in a rental car. They drove down Sunnydale Avenue and passed a group of three African American males who looked at them "hard." They pulled away from the stop sign and heard several loud gunshots. The rear window of the vehicle was shattered. The two adult backseat passengers covered the drivers' two-year-old daughter who was also in the back seat. No one was injured. The female victims would not provide the name or address of the male victim who was the likely target of the attack.

*On Apr. 19 at 3:38 a.m. on Sawyer Street at Sunrise Way, officers were directed to respond to Santos Street and Brookdale Avenue regarding a stolen vehicle in the area. The officers located the vehicle, occupied by three African American adult males. The driver of the stolen vehicle

crashed into two parked cars and all three suspects ran from the scene. The driver was apprehended by the officers after a short chase. The two passengers were able to avoid capture. The officer found that the driver had a suspended driver's license and was on parole. At 8 a.m. on the 600 block of Velasco Avenue, officers were sent to a vandalism call and spoke with the victim. The victim stated that he found the left rear window of his van was broken out. Nothing was stolen from the vehicle. At 3:11 p.m. on the 100 block of Leland Avenue, an officer responded to a residential building regarding a theft. The officer was told that two exterior surveillance cameras were stolen by the same suspect on two different occasions. The video surveillance tape shows the theft in progress. At 4:45 p.m. at Visitacion Avenue and Schwenn Street, an officer met with an 11-year-old girl and her father. The child told the officer that when she was waiting for the bus to go home after school a man, either Hispanic or Asian, in a blue pickup truck, possibly a Toyota, pulled up next to her. She stated that the man talked to her through the open window of the truck and unlocked the passenger door. The young girl said that the man attempted to convince her to get into his car and that he would take her home. The bus showed up just then and the suspect drove away. She told her father about the incident immediately.

*On Apr. 20 at 12:01 a.m. at Santos Street and Geneva Avenue, officers responded to a robbery call. The victim, a Spanish-speaking Hispanic male, stated that he was riding an 8X Muni coach, listening to music with his cellular telephone. The victim was approached by two Hispanic male adults on the bus. One of the suspects asked the victim a question and then started going through the victim's pockets, taking the cellular telephone. At 6:30 p.m. on the unit block of Tioga Avenue, officers responded to a residence where a burglary had occurred. The officers spoke with the victim who stated that she left her home secured in the morning and returned to find the front door had been forced open. She found numerous home electronics and office electronics as well as money missing from the home.

*On Apr. 20 at 6:25 p.m. on the unit block of Blythdale Avenue, acting on information provided by Gang Task Force officers, of-

ficers found a known gang member in the area of the Sunnydale Housing Projects. The suspect has a stay-away order from the area as a condition of his probation. Upon seeing the officers, the suspect ducked into one of the residences. The officers contacted the resident who allowed them to search his residence. Unbeknownst to the resident, the suspect had hid in the kitchen, behind the water heater. The officers took the suspect into custody and booked him at Ingleside Station.

- Police Summaries**
- *Mar. 25 4:59 p.m., Visitacion Ave. and Hahn St., traffic collision
 - *Mar. 29 3:53 a.m., 600 block of Sawyer St., recovered auto
 - *Mar. 29 10:18 a.m., Unit block of Brookdale Ave., recovered truck
 - *Apr. 1 7:40 a.m., San Bruno and Wilde Aves., suspended driver
 - *Apr. 3 11:55 a.m., Sunnydale Ave. and Rutland St., unlicensed driver
 - *Apr. 4 4:42 a.m., Girard St. and Wilde Ave., traffic collision
 - *Apr. 6 8:30 a.m., 1800 block of Geneva Ave., stolen auto
 - *Apr. 8 5:11 p.m., Garrison Ave. and Rey St., vehicle collision
 - *Apr. 9 2:19 a.m., Bayshore Blvd. and Tunnel Ave., traffic collision
 - *Apr. 9 1:09 p.m., Brookdale Ave. and Santos St., traffic collision, DUI arrest
 - *Apr. 10 12:40 a.m., Blythdale Ave. and Hahn St., traffic collision, hit and run
 - *Apr. 10 12:40 a.m., 2700 block of Bayshore Blvd., recovered auto
 - *Apr. 12 3:02 p.m., Unit block of Brookdale Ave., recovered auto
 - *Apr. 13 12:30 a.m., Unit block of Teddy Ave., stolen auto
 - *Apr. 14 7:08 p.m., Sunnydale Ave. and Santos St., traffic collision, hit and run
 - *Apr. 15 8:00 a.m., Tucker Ave. and Rutland St., stolen license plate
 - *Apr. 15 9:00 a.m., Unit block of Teddy Ave., recovered auto, unfounded
 - *Apr. 15 2:13 p.m., Sawyer St. and Sunnydale Ave., unlicensed driver
 - *Apr. 16 12 p.m., 200 block of Velasco Ave., recovered auto
 - *Apr. 17 8 a.m., Unit block of Campbell Ave., stolen auto
 - *Apr. 17 4:35 p.m., Geneva and Brookdale Aves., recovered auto
 - *Apr. 18 3:25 p.m., 500 block of Raymond Ave., recovered auto
 - *Apr. 19 12:05 p.m., Unit block of Brookdale Ave., recovered auto
 - *Apr. 20 2:47 p.m., Unit block of Brookdale Ave., recovered auto.

Captain Louis Cassanego of Ingleside Station and Captain Greg Suhr of Bayview Station contributed to this report.

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World's Biggest Cities 6

Historic Proportions

- 1850
Match clues to answers.
1. Incorporated as a city on Apr. 15.
 2. Passed by U.S. Congress on Sept. 18.
 3. Incorporated as a city on Apr. 4.
 4. Nathaniel Hawthorne's book published on Mar. 16.
 5. Admitted on Sept. 9 as the 31st

As a Matter of Fact

- *In spite of its clumsy appearance, the hippopotamus is an excellent swimmer and can run as fast as a human being.
- *Because of friction caused by tides, the earth's rotation slows and the day increases about a millisecond each century.
- *The word impasse comes from the French word meaning "a road open only at one end."
- *The term hash, as in comed beef hash or hashed brown potatoes, comes from the French word hacher, meaning "to chop."
- *The youngest president was Theodore Roosevelt, who was 42 when sworn in after William McKinley's death in 1901.
- *Most light planes are capable of taking off or landing in 90-degree crosswinds that are less than 20 percent of the airplane's power-off stall speed.
- *The first commercially successful steamboat was Robert Fulton's Clermont, built in 1807.
- *When tea is designated orange pekoe, the name refers to the size of the leaves rather than the flavor. Orange pekoe are the largest leaves.
- *No two giraffes have identical markings. Scientists say the coat pattern of each animal is unique.
- *The ancient Greeks believed the mineral jasper could draw the poison from snake bites.
- *The male guppy courts the female, showing off his beauty and grace by dancing around her constantly.
- *The world's greatest tea drinkers per capita are the Irish, averaging about 1,500 cups each a year.
- *Like a chameleon, the grouper fish can change its color to blend with its surroundings.
- *The flying fish can soar up to 1,000 feet.
- *Young eagles don't have feathers that match their parents' until they are about four years old.
- *The roar of the howler monkey can be heard for up to two miles.

- U.S. state.
6. Organized on Sept. 9 by order of U.S. Congress.
 7. Signed by U.S. and Great Britain on Apr. 19 allowing both countries to share Nicaragua.
 8. He became the 13th U.S. President on July 9 following the death of President Taylor.
 9. First ascent of Piz Bemina here on Sept. 13.
 10. Founded by Henry Wells and William Fargo on Mar. 19.
 11. He introduced the Compromise of 1850 to U.S. Congress on Jan. 29.
 12. Loaned to the U.S. Navy on May 7.
- A. Millard Fillmore
B. San Francisco
C. American Express
D. New Mexico Territory
E. USS Advance
F. California
G. Alps
H. Fugitive Slave Law
I. Los Angeles
J. Henry Clay
K. The Scarlet Letter
L. Clayton-Bulwer Treaty

Answers: 1-B, 2-H, 3-I, 4-K, 5-F, 6-D, 7-L, 8-A, 9-C, 10-C, 11-I, 12-E.

SEZ WHO?

- Match quotes to speakers.
1. "Don't ever take a fence down until you know why it was put up."
 2. "No man is rich enough to buy back his past."
 3. "A vacation is what you take when you can no longer take what you've been taking."
 4. "A wise man will make tools of what come to hand."
 5. "Until you try, you don't know what you can't do."
 6. "A barking dog is often more useful than a sleeping lion."
 7. "Time stays long enough for anyone who will use it."
 8. "Failure is success if we learn from it."
 9. "The future belongs to those who prepare for it today."
- A. Earl Wilson
B. Washington Irving
C. Leonardo da Vinci
D. Henry James
E. Robert Frost
F. Malcolm X
G. Oscar Wilde
H. Malcolm S. Forbes
I. Thomas Fuller

Answers: 1-E, 2-G, 3-A, 4-I, 5-D, 6-B, 7-C, 8-H, 9-F.

Don't Let a Recall Steer You in the Wrong Direction

Despite the recent press about vehicle recalls, there is some good news. With a little bit of homework, you can put yourself on the road to safety and satisfaction.

Vehicle recalls have become increasingly common. In 2008 alone, hundreds of recalls were issued, affecting more than 10 million vehicles.

Vehicles with open recalls are bought and sold every day—some with recalls change hands multiple times. Estimates are that nearly a third of all recalled vehicles go unfixed by their owners. All the more reason for car buyers to be careful.

Fortunately, that doesn't mean you're at a disadvantage when buying a used car. Here are some tips: "Remember that "recall" is not necessarily a bad word. Recalls may be mandated by the National Highway Traffic Safety Administration (NHTSA) or voluntarily issued by auto manufacturers to help prevent safety failures.

*With the exception of those involving tires, recalls are in effect for the lifetime of a vehicle. Under federal law, recalls must be remedied at no cost to consumers. Open recalls will only be repaired for free by authorized dealers—those that sell and service your particular vehicle make.

*Check for open recalls when you shop for a used car. If one exists, make an appointment to have it taken care of as soon as possible. *Recall information is reported to Carfax and can appear in Carfax Vehicle History Reports. A free Recall Check also is available at www.carfax.com. This free resource helps car buyers instantly identify an open recall on a vehicle they are thinking of buying.

For more information about open recalls and other used car buying tips, www.carfax.com.

NAPS

Grapevine Five Years Ago

MAY 2005

*Herz Playground, Coffman Pool and the Greenway Senior Park in Visitation Valley were among 11 neighborhood parks and recreation centers in San Francisco sharing in almost \$16 million in supplemental funds Mayor Newsom said would be reallocated to help with capital improvements projects.

*Local author and newspaper reporter William Wong interacted with special education students through discussion, writing and a slide show about Chinatown and Chinese American history on May 6 at Visitation Valley Middle School.

*The Cinco de Mayo Dancers performed at the Visitation Valley Community Senior Center on May 3.

Visitation Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300

- AQUARIUM**
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
- ART**
J.M. ASIAN ART, 130 Leland Ave., 828-3328
- AUTOMOTIVE**
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
TIGER'S AUTO BODY, 23 Industrial Way, Brisbane 94005, 467-6866
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
- BANK**
BANK OF AMERICA, 6 Leland Ave., 622-4501
- BAKERS**
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
- BARBERS**
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOR (UB), 160A Leland Ave., 239-6709
- BEAUTICIANS**
AS YOU R, 170 Leland Ave., 756-1450
BODY SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
- BLIND CLEANING**
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506
- BOARDING HOUSE**
ABLE'S CASA, 850 Rutland St., 333-4664 fax 333-4693
- BOOKKEEPERS**
AMY ARAGÓN, PROFESSIONAL BOOKKEEPER, 467-8927
- VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
- CARPETS**
HANSAN INTERIORS, 41 Leland Ave., 333-6382
- CHURCHES**
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 494-5517, fax 494-5513
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
- COFFEE**
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
- JOE LELAND CAFE**, 28 Leland Ave
- CREDIT UNION**
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
- DAY CARE**
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
STARBRITE DAYCARE, 298 Arieta Ave., 656-1887
- DENTIST**
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
- DEVELOPERS**
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
- ELECTRICAL**
TATE ELECTRIC (Joel Tate), 467-4657
- FLOORS**
TEDDY B'S HARDWOOD FLOORS, 309-6342
- FLORISTS**
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
- FURNITURE REFINISHING / HANDYMAN**
AMAZING MAYS HANDYMAN SERVICE AND FURNITURE REFINISHING, 6220 3rd St., 368-3129
- GARDEN ORNAMENTS**
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
- GROCERS**
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLA PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
TEDDY'S MARKET, 298 Teddy Ave.
- HERBS**
SAN ON HERBS, 33-A Leland Ave., 333-7469
- HYPNOTHERAPY**
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
- INSURANCE**
EDIE EPRS (A.H.E. INSURANCE), 467-0236 Fax 467-0276
- ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
- LANDSCAPING**
SAN FRANCISCO LANDSCAPES (Lic. # 932022), 256 Talbert St., 585-9137, landscapes.com
- LAUNDRY/CLEANERS**
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & ORY LAUNDRY, 186 Leland Ave.

- FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
- LEARNING**
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACH CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
- LIBRARY**
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
- MANUFACTURER**
SEE'S CANDIES, INC., 345 Schwenn St.
- MARTIAL ARTS**
KUK SOOL WDN, 189 Leland Ave.
- MEDICAL**
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310
OR SAM HD, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel), 2858 San Bruno Ave., 467-7500
- ORGANIZATIONS**
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
WILLIE L. BROWN, JR. TEEN CENTER, 1652 Sunnydale Ave., 584-6099
CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY, 1099 Sunnydale Ave., 594-5779
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burn Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
SUNNYDALE BOYS & GIRLS CLUB, 1654 Sunnydale Ave., 584-5028
SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave., 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
- PHARMACY**
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
- PHOTOGRAPHER**
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
- PLUMBING**
MARK VOELKER PLUMBING, 99 Arieta Ave., 467-7401
- POST OFFICE**
VISITACION USPO, 68 Leland Ave., (800) 275-8777
- REAL ESTATE**
JUSTYNA TO, (Realtor Coldwell Banker), 830-1235
LaFLUE, WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex 163
- RESTAURANTS**
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAYANT TAOUERIA, 98 Leland Ave., 587-7721
TWD JACK'S, 167 Leland Ave., 337-0433
- SCULPTOR**
CARTORINALS (Mikal Cartor), 2 Hahn St., 239-4138
- SELF-DEVELOPMENT**
DYNAMIC DEVELOPMENTS (Manone Ann Williams, CED, Career and Self-Enhancements Specialist) 467-7608
- SERVICE PROVIDERS**
CLAIR PROJECT, 1099 Sunnydale Ave., Ste. 323, 333-3017, fax 587-7481
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS, 225 5969
- TELEPHONE**
D & A WIRELESS, 78 Leland Ave., 452-4139
- VARIETY**
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Events in May at Valley Branch Library

Following are events in May at the Visitation Valley Branch Library, 45 Leland Ave.

Last McLaren Park Workshop on May 19

The Recreation and Parks Department working with Neighborhood Parks Council and Parks Trust will hold the last workshop to discuss the improvement needs at McLaren Park.

The workshop will be held on Wednesday, May 19 from 6:30 to 8 p.m. at the Louis Sutter Playground Roundhouse.

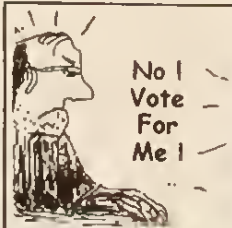
For more information, contact Tina Kim or Karen Mauney-Brodek at 415-831-2789 or Karen.Mauney-Brodek@sfgov.org.

- *May 5, Wednesday: Friendship Bracelets from 3:30 to 5 p.m. — Show a friend or loved one you care with a handmade friendship bracelet. Perfect gift for Mother's Day. Learn the basics at this workshop for teens. All materials provided. For ages 12-18.
- *May 11, Tuesday from 10:30 to 11:30 a.m. — A wonderful program with stories and magic around the world by performer Naomi Caspe.
- *May 26, Wednesday, Build your own Paper Robot from 3:30 to 5 p.m.

Grapevine on the Web

Read current and past stories from the Visitation Valley Grapevine at www.visvalleygrapevine.com

Sump, the Grump



Some Latest Scams By Identity Thieves

by Jason Alderman

If the financial consequences weren't so damaging, you might almost find humor in how identity theft has butchered the English language in recent years. "Phishing," "pharming" and "vishing" are just a few ways criminals access personal information they'll use to open illicit accounts, rent apartments, or even charge medical procedures to someone's insurance plan.

Unfortunately, every time authorities plug one hole, crafty criminals figure out new ways to trick unsuspecting victims. Some now even steal children's Social Security numbers, ruining their credit long before they've opened a single account.

To protect yourself and your family, beware of these scams:

Phishing: Where you receive an email, purportedly from a trusted source like a government agency or your bank, asking you to supply or confirm account information, log-in IDs or passwords. Legitimate outfits never ask you to verify sensitive information by email (or over the phone). When in doubt, contact the organization yourself. And never click on the link provided within the email – it could take you to a copycat website capable of infecting your computer.

Smishing (for "Short Message Service"): Like phishing, only it uses text messages sent to your cell phone.

Vishing (voice phishing): An automated voice message that directs you to call your bank or credit card company. Under the pretext of cleaning up a problem (like theft), you'll be asked to share personal or account information. Keep a list of company toll-free numbers handy so you can call them directly without fearing you've been given bogus information. I also program my banks' and credit card issuers'

phone numbers – but not account numbers – into my cell phone in case I'm traveling.

Pharming: Where hackers redirect you from a legitimate website to an impostor site to harvest (farm) personal data you've been asked to provide. Social networking sites like Facebook and Twitter increasingly are being targeted.

Skimming: Where crooks use an altered ATM slot and cameras to record account information; also, when dishonest store or restaurant employees use a portable card reader to skim credit or debit card information.

Spyware: Illicit software you unknowingly download when you open an email attachment, click on a pop-up window or download a corrupted song or game. The spyware can then record your keystrokes to obtain account information or ferret out confidential information on your computer.

Don't forget good-old-fashioned pickpocketing, mail theft and rooting through your trash.

To reduce your risk of identity theft, always:

*Shield keypads from the eyes of "shoulder surfers" at stores and ATMs.

*Shred paperwork and receipts containing personal or account information.

*Lock up your Social Security card and unneeded credit cards.

*Carefully scan monthly credit card and bank statements for erroneous charges.

*Monitor your credit reports for errors or fraudulent activity. You can order one free report per year from the three major credit bureaus at www.annualcreditreport.com.

*Refrain from making online purchases from unfamiliar websites; and look for "https" in the address.

These are only a few of the precautions you should routinely take to protect your personal information.

For more tips, visit *Practical Money Skills for Life*, Visa Inc.'s free personal financial management program (www.practicalmoneyskills.com/security).

What Small Business Needs to Know About Healthcare Law

by Dan Danner

The long debate over healthcare reform has ended, leaving many small business owners more confused than ever over what to expect. But they know one thing—they'll be paying for it for years to come.

The package won't be fully implemented until 2018. However, there are important provisions that will be effective this year, in 2011 and 2012 that entrepreneurs need to begin planning for now. The changes largely involve new taxes, fees and mandates on individuals and small business.

In 2010, a temporary tax credit will be available for a limited number of firms who provide qualified health coverage. However, the credit puts small business owners through a series of complicated tests to determine the amount of the credit. Only firms with 10 employees or less will receive the full credit. For firms with 11-25 employees, the credit is reduced per employee. Firms with more than 25 employees will get no credit at all.

In addition, only firms who pay their workers an average of \$25,000 or less are eligible for the full credit. The credit is reduced as the average wage goes up, stopping when it reaches \$50,000. Also, only firms that cover 50 percent or more of insurance costs will be eligible. Even if your business is one of the 12 percent that will qualify, the credit is only available for six years.

In the meantime, other provisions that will drive up costs include an assault on one particular industry, a 10 percent tax on indoor tanning services begins July 1.

Beginning in 2011, new changes take effect that will increase costs and limit choices. Those changes include:

*New limits on HSAs and FSAs—Consumers will be prohibited from using health savings accounts and flexible spending funds to purchase non-prescribed items, including over-the-counter medication (except insulin).

*Federally subsidized long-term care—Small businesses may voluntarily participate in a new long-term care program. Participating firms' employees will be automatically enrolled and subject to payroll deductions unless they choose to opt out. This program means more paperwork and will almost certainly cost far more than what the deductions will cover.

*A brand-named drug tax—Manufacturers and importers of brand-name drugs will pay a tax of \$2.5 billion in 2011, \$3 billion per year for 2012 through 2016, \$3.5 billion for 2017, \$4.2 billion for 2018, and \$2.8 billion for 2019 and thereafter. This tax is certain to be passed along to consumers.

In 2012, small business owners will face a tremendous new burden.

Make Your Home a Healthier Home

Protecting your family from potential health hazards in your home may be easier with a few tips from the U.S. Centers for Disease Control and Prevention (CDC).

Unsafe and unhealthy homes continue to harm the health of millions of Americans. The following suggestions look at some current common problems and offer simple solutions:

Problem: Exposure to dust mites and mold aggravates asthma and results in increased health costs each year.

Solutions:

*Ensure proper ventilation in the attic and bathroom to prevent excessive moisture that can promote mold growth.

*Wash sheets and blankets in hot water weekly and use mattress and pillow covers to reduce asthma triggers and attacks.

*Vent the clothes dryer outside the home to prevent mold and mildew.

*Vacuum carpets to remove allergens that trigger asthma attacks and allergic reactions.

Problem: Falls are the leading cause of home injury deaths. The cost of fall injuries for people 65 and older ex-

ceeds \$19 billion annually.

Solutions:

*Remove any items that can be tripped over (such as papers, books, clothes and shoes) from stairs and places where you walk.

*Good lighting can make a difference. Keep everything well lit.

*Install grab bars in bathrooms.

Problem: For children, fire, suffocation, firearms, drowning and poisoning are the leading causes of deaths at home.

Solutions:

*Install and maintain smoke and carbon monoxide alarms.

*Make sure that cribs, playpens and play equipment are safe and always keep a crib free of soft objects or loose bedding.

*If you have a swimming pool, install four-sided isolation fencing around the pool with a self-closing, self-latching gate.

*In homes with young children, control or eliminate lead-based paint hazards and lock up products used for cleaning, car maintenance, gardening, and pest control.

For more information, visit www.cdc.gov/healthyhomes. **NAPS**

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Fun Family Story Time
Every Friday
May 7 to May 28
4:30 to 5:30 p.m.

Family Fun Literacy
Story Time at the Library
Thursday, May 6:
4:30 to 5:30 p.m.
45 Leland Ave.

Drop-In Consultation
with Mental
Health Consultant

Every Thursday,
May 6, 13, 20 and 27,
1 to 5 p.m.

Call (415) 342-4364
for appointment.

Male Involvement Group
Saturday, May 1
1 to 3 p.m.

Peer Pressure Workshop
Speaker: Richard Jamil, MS
Monday, May 10
10 to 11 a.m.

Free Food Distribution

Every Tuesday,
1 to 2 p.m.
66 Raymond Ave.
May 4, 11, 18 and 25
Emergency food
box available anytime.
Call (415) 586-6998,
Monday-Friday,
9:30 a.m. - 5:30 p.m.

May 2010 Activities

Enhanced Information and Referral
Every Monday Through Friday
May 1 to 31, 9:30 a.m. to 5:30 p.m.

Spanish Support Group
Monday, May 3 and 24, 11 a.m. to 12:30 p.m.

Chinese Support Group
Friday, May 14 and 28, 9:30 to 11 a.m.

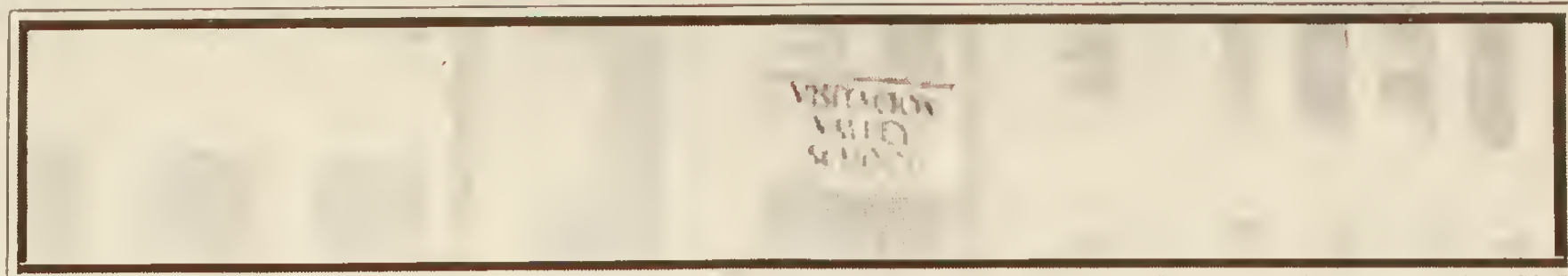
8 Weeks Parenting Class
Speaker: Peggy Abdo, IMFT
Every Tuesday, May 2 to June 22,
4:30 to 5:30 p.m.

Healthy Relationship
Speaker: Walesa Kanarek
Thursday, May 13, 4:30 to 5:30 p.m.

Van Lam, Marichelle Punzalan, Jack Kwong
Richard Jamil and Kevin Blackwell



161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax (415) 586-8027



I have been studying
Visitacion Valley
for a long Time.

Cathy Kline Saunders
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